

**Saturday, May 6, 2023**  
**Gold Retreat Star**

Vrischika Rasi: 1.11 Tithi 16 – 17

Creative Work Siddha Yoga

**Gulika 4:48AM – 6:34AM**  
 Yama 1:37PM – 3:23PM  
**Rahu 8:20AM – 10:05AM**

272996579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
 Vishakha/Anuradha Nakshatra Varyan/Parigha\* Yoga Gara/Vanija Karana Prathama/Dvitiyayam Titau

**Vishakha Until 9:43AM**

Variyan Until 5:50PM

Taitila Until 9:39PM

**Prathama\* Until 10:24AM**

**Ganesha:** White *Sunrise:* 4:48AM

**Muruga:** Clear *Sunset:* 6:55PM

**Nataraja:** Purple

Moon – Orange

**Vaisaka\*Chaitra**

**Devaloka Day**

Norman, OK

Sutra 20

Sobhana 5125

Moon 4 - Phase 4 -

1st Phase

**1 Sunday, May 7, 2023**

Vrischika Rasi: 15.01 Tithi 17 – 18

Routine Work Marana Yoga

**Gulika 3:23PM – 5:09PM**  
 Yama 11:51AM – 1:37PM  
**Rahu 5:09PM – 6:56PM**

272996579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Anuradha/Jyeshtha\* Nakshatra Parigha\*/Shiva Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Anuradha Until 8:50AM**

Parigha\* Until 3:20PM

Vanija Until 7:49PM

**Dvitiya Until 8:45AM**

**Ganesha:** White *Sunrise:* 4:47AM

**Muruga:** Clear *Sunset:* 6:56PM

**Nataraja:** Purple

Moon – Orange

**Vaisaka\*Chaitra**

**Devaloka Day**

Sun 1

Norman, OK

Sutra 21

Sobhana 5125

Moon 4 - Phase 4 -

1st Phase

**2 Monday, May 8, 2023**

Vrischika Rasi: 29.02 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

**Gulika 1:37PM – 3:24PM**  
 Yama 10:05AM – 11:51AM  
**Rahu 6:32AM – 8:18AM**

272196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Indu Vasara Yuktayam  
 Jyeshtha\*/Mula\* Nakshatra Shiva/Siddha Yoga Visti\*/Balava Karana Tritiya/Chaturthyam Titau

**Jyeshtha\* Until 7:29AM**

Shiva Until 12:36PM

Balava Until 4:37AM Tue

**Tritiya Until 6:47AM**

**Ganesha:** Blue *Sunrise:* 4:46AM

**Muruga:** Clear *Sunset:* 6:57PM

**Nataraja:** Purple

Moon – Orange

**Vaisaka\*Chaitra**

**Devaloka Day**

Sun 2

Norman, OK

Sutra 22

Sobhana 5125

Moon 4 - Phase 4 -

2 1st Phase

**3 Tuesday, May 9, 2023**

Dhanus Rasi: 13.12 Tithi 20

Creative Work Amrita Yoga

Until 6:12AM

Then Creative Work - Siddha Yoga

**Gulika 11:51AM – 1:38PM**  
 Yama 8:18AM – 10:04AM  
**Rahu 3:24PM – 5:11PM**

282196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Mula\*/Purvashadha\* Nakshatra Siddha/Sadhya Yoga Kaulava/Taitila Karana Panchamyam Titau

**Mula\* Until 6:12AM**

Siddha Until 9:42AM

Kaulava Until 3:29PM

**Panchami Until 2:19AM Wed**

**Ganesha:** Red *Sunrise:* 4:45AM

**Muruga:** Clear *Sunset:* 6:58PM

**Nataraja:** Purple

Moon – Light Blue

**Vaisaka\*Chaitra**

**Sivaloka Day**

Sun 3

Norman, OK

Sutra 23

Sobhana 5125

Moon 4 - Phase 4 -

3 1st Phase

**4 Wednesday, May 10, 2023**

Dhanus Rasi: 27.26 Tithi 21

Creative Work Amrita Yoga

Until 2:58AM Thu

Then Creative Work - Siddha Yoga

**Gulika 10:04AM – 11:51AM**  
 Yama 6:30AM – 8:17AM  
**Rahu 11:51AM – 1:38PM**

283196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
 Uttarahadha Nakshatra Sadhya/Subha Yoga Gara/Vanija Karana Shashthyam Titau

**Uttarahadha Until 2:58AM Thu**

Sadhya Until 6:44AM

Gara Until 1:10PM

**Shashthi\* Until 11:59PM**

**Ganesha:** Blue *Sunrise:* 4:44AM

**Muruga:** Clear *Sunset:* 6:59PM

**Nataraja:** Purple

Moon – Light Blue

**Vaisaka\*Chaitra**

**Subha Sivaloka Day**

Sun 4

Norman, OK

Sutra 24

Sobhana 5125

Moon 4 - Phase 4 -

4 1st Phase

**5 Thursday, May 11, 2023**

Makara Rasi: 11.42 Tithi 22

Creative Work Siddha Yoga

**Gulika 8:17AM – 10:04AM**  
 Yama 4:42AM – 6:30AM  
**Rahu 1:38PM – 3:25PM**

293196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam  
 Shrivana Nakshatra Sukla Yoga Visti\*/Bava Karana Saptamyam Titau

**Shrivana Until 1:35AM Fri**

Sukla Until 12:48AM Fri

Visti Until 10:50AM

**Saptami Until 9:40PM**

**Ganesha:** Red *Sunrise:* 4:42AM

**Muruga:** Clear *Sunset:* 7:00PM

**Nataraja:** Purple

Moon – Purple

**Vaisaka\*Chaitra**

**Sivaloka Day**

Sun 5

Norman, OK

Sutra 25

Sobhana 5125

Moon 4 - Phase 4 -

5 1st Phase

**Friday, May 12, 2023**  
**Retreat Star**

Makara Rasi: 25.56 Tithi 23

Creative Work Siddha Yoga

Until 12:09AM Sat

Then Creative Work - Amrita Yoga

**Gulika 6:29AM – 8:16AM**  
 Yama 3:26PM – 5:13PM  
**Rahu 10:04AM – 11:51AM**

293196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Dhanishtha Nakshatra Brahma Yoga Balava/Kaulava Karana Ashtamyam Titau

**Dhanishtha Until 12:09AM Sat**

Brahma Until 9:55PM

Balava Until 8:34AM

**Ashtami\* Until 7:26PM**

**Ganesha:** Red *Sunrise:* 4:41AM

**Muruga:** Clear *Sunset:* 7:00PM

**Nataraja:** Purple

Moon – Purple

**Vaisaka\*Chaitra**

**Sivaloka Day**

Sun 6

Norman, OK

Sutra 26

Sobhana 5125

Moon 4 - Phase 4 -

6 Ashtami

**Saturday, May 13, 2023**  
**Retreat Star**

Kumbha Rasi: 10.05 Tithi 24 – 25

Creative Work Amrita Yoga

Until 10:43PM

Then Routine Work - Marana Yoga

**Gulika 4:40AM – 6:28AM**  
 Yama 1:39PM – 3:26PM  
**Rahu 8:16AM – 10:03AM**

293196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
 Shatabhishak Nakshatra Indra Yoga Taitila/Vanija Karana Navami/Dashamyam Titau

**Shatabhishak Until 10:43PM**

Indra Until 7:10PM

Taitila Until 6:23AM

**Navami\* Until 5:20PM**

**Ganesha:** Red *Sunrise:* 4:40AM

**Muruga:** Clear *Sunset:* 7:01PM

**Nataraja:** Purple

Moon – Purple

**Vaisaka\*Chaitra**

**Sivaloka Day**

Sun 7

Norman, OK

Sutra 27

Sobhana 5125

Moon 4 - Phase 4 -

7 Navami

<b>1 Sunday, May 14, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Vaidhriti*/Vishkambha* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Norman, OK Sun 8 Sutra 28	
Kumbha Rasi: 24.1	Tithi 25 – 26	<b>Gulika</b> 3:27PM – 5:15PM	<b>Purvaproshtapada* Until 9:43PM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:39AM
		Yama 11:51AM – 1:39PM	Vaidhriti* Until 4:31PM	<b>Muruga:</b> Clear	Sunset: 7:02PM
		213196579 <b>Rahu</b> 5:15PM – 7:02PM	Bava Until 2:31AM Mon	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 8
Creative Work	Siddha Yoga			Moon – Clear	2nd Phase
Until 9:43PM		<b>Mother's Day</b>	<b>Dashami Until 3:23PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga					

<b>2 Monday, May 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Vishkambha*/Priti Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Norman, OK Sun 9 Sutra 29	
Meena Rasi: 8.07	Tithi 26 – 27	<b>Gulika</b> 1:39PM – 3:27PM	<b>Uttaraproshtapada Until 8:49PM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:38AM
		Yama 10:03AM – 11:51AM	Vishkambha* Until 2:03PM	<b>Muruga:</b> Clear	Sunset: 7:03PM
<b>Family Home Evening</b>		213196579 <b>Rahu</b> 6:27AM – 8:15AM	Kaulava Until 12:54AM Tue	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 9
Creative Work	Siddha Yoga			Moon – Clear	2nd Phase
			<b>Ekadashi* Until 1:39PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>

<b>3 Tuesday, May 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati Nakshatra Priti/Ayushman Yoga Taila/Gara Karana Dvadashi/Trayodashyam Titau		Norman, OK Sun 10 Sutra 30	
Meena Rasi: 21.55	Tithi 27 – 28	<b>Gulika</b> 11:51AM – 1:39PM	<b>Revati Until 8:02PM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:38AM
		Yama 8:14AM – 10:03AM	Priti Until 11:48AM	<b>Muruga:</b> Clear	Sunset: 7:04PM
		213196579 <b>Rahu</b> 3:28PM – 5:16PM	Gara Until 11:34PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 10
Creative Work	Siddha Yoga			Moon – Clear	2nd Phase
			<b>Dvadashi* Until 12:10PM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
			<i>Pradosha Vrata (Fasting)</i>		

<b>4 Wednesday, May 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Norman, OK Sun 11 Sutra 31	
Mesha Rasi: 5.32	Tithi 28 – 29	<b>Gulika</b> 10:02AM – 11:51AM	<b>Ashvini Until 7:52PM</b>	<b>Ganesha:</b> Orange	Sunrise: 4:37AM
		Yama 6:25AM – 8:14AM	Ayushman Until 9:47AM	<b>Muruga:</b> Clear	Sunset: 7:05PM
		223196579 <b>Rahu</b> 11:51AM – 1:40PM	Visti Until 10:35PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 11
Routine Work	Marana Yoga			Moon – White	2nd Phase
Until 7:52PM			<b>Trayodashi* Until 11:00AM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					

<b>Thursday, May 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam Bharani Nakshatra Saubhagya/Sobhana Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Norman, OK Sun 12 Sutra 32	
<b>Retreat Star</b>		<b>Gulika</b> 8:13AM – 10:02AM	<b>Bharani Until 7:58PM</b>	<b>Ganesha:</b> Orange	Sunrise: 4:36AM
Mesha Rasi: 18.57	Tithi 29 – 30	Yama 4:36AM – 6:25AM	Saubhagya Until 8:05AM	<b>Muruga:</b> Clear	Sunset: 7:06PM
		223196579 <b>Rahu</b> 1:40PM – 3:29PM	Catuspada Until 10:00PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 12
Creative Work	Siddha Yoga			Moon – White	Amavasya
Until 7:58PM			<b>Chaturdashi* Until 10:13AM</b>	<b>Vaisaka-Vaikasi</b>	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga					

<b>Friday, May 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Krittika Nakshatra Sobhana/Athiganda* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Norman, OK Sun 13 Sutra 33	
<b>Retreat Star</b>		<b>Gulika</b> 6:24AM – 8:13AM	<b>Krittika Until 8:22PM</b>	<b>Ganesha:</b> Orange	Sunrise: 4:35AM
Vrishabha Rasi: 2.08	Tithi 30 – 1	Yama 3:29PM – 5:18PM	Sobhana Until 6:45AM	<b>Muruga:</b> Clear	Sunset: 7:07PM
		223196579 <b>Rahu</b> 10:02AM – 11:51AM	Kintughna Until 9:54PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 5 - 13
Creative Work	Siddha Yoga			Moon – White	Prathama
Until 8:22PM			<b>Amavasya* Until 9:52AM</b>	<b>Jyeshtha-Vaikasi</b>	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga					

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. Calculated for Norman, OK on 11/20/21

www.gurudeva.org/panchang

<b>1</b>		<b>Saturday, May 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Rohini Nakshatra Sukarma Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Sun 14 Sutra 34		Norman, OK	
Vrishabha Rasi: 15.04 Tithi 1 – 2		233196579		<b>Gulika</b> 4:34AM – 6:23AM Yama 1:40PM – 3:30PM <b>Rahu</b> 8:13AM – 10:02AM	<b>Rohini Until 9:35PM</b> Sukarma Until 5:13AM Sun Balava Until 10:19PM <b>Prathama* Until 10:01AM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Yellow Jyeshtha*Vaikasi	Sunrise: 4:34AM Sunset: 7:08PM	Moon 4 - Phase 6 - 14 3rd Phase <b>Sivaloka Day</b>	
Creative Work Amrita Yoga Until 9:35PM Then Creative Work - Siddha Yoga									
<b>2</b>		<b>Sunday, May 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Dhriti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Sun 15 Sutra 35		Norman, OK	
Vrishabha Rasi: 27.44 Tithi 2 – 3		233196579		<b>Gulika</b> 3:30PM – 5:19PM Yama 11:51AM – 1:41PM <b>Rahu</b> 5:19PM – 7:09PM	<b>Mrigashira Until 11:08PM</b> Dhriti Until 5:05AM Mon Taitila Until 11:14PM <b>Dvitiya Until 10:42AM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Yellow Jyeshtha*Vaikasi	Sunrise: 4:33AM Sunset: 7:09PM	Moon 4 - Phase 6 - 15 3rd Phase <b>Sivaloka Day</b>	
Creative Work Siddha Yoga									
<b>3</b>		<b>Monday, May 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Ardra Nakshatra Shula* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Sun 16 Sutra 36		Norman, OK	
Mithuna Rasi: 10.11 Tithi 3 – 4 <b>Family Home Evening</b>		233196579		<b>Gulika</b> 1:41PM – 3:31PM Yama 10:02AM – 11:51AM <b>Rahu</b> 6:22AM – 8:12AM	<b>Ardra Until 1:01AM Tue</b> Shula* Until 5:18AM Tue Vanija Until 12:40AM Tue <b>Tritiya Until 11:52AM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Yellow Jyeshtha*Vaikasi	Sunrise: 4:33AM Sunset: 7:10PM	Moon 4 - Phase 6 - 16 3rd Phase <b>Sivaloka Day</b>	
Creative Work Siddha Yoga									
<b>4</b>		<b>Tuesday, May 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Ganda* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Sun 17 Sutra 37		Norman, OK	
Mithuna Rasi: 22.26 Tithi 4 – 5		243196579		<b>Gulika</b> 11:51AM – 1:41PM Yama 8:12AM – 10:01AM <b>Rahu</b> 3:31PM – 5:21PM	<b>Punarvasu Until 3:37AM Wed</b> Ganda* Until 5:50AM Wed Bava Until 2:30AM Wed <b>Chaturthi* Until 1:31PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Blue Jyeshtha*Vaikasi	Sunrise: 4:32AM Sunset: 7:11PM	Moon 4 - Phase 6 - 17 3rd Phase <b>Subha Sivaloka Day</b>	
Creative Work Siddha Yoga									
<b>5</b>		<b>Wednesday, May 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vriddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Sun 18 Sutra 38		Norman, OK	
Kataka Rasi: 4.31 Tithi 5 – 6		244196579		<b>Gulika</b> 10:01AM – 11:51AM Yama 6:21AM – 8:11AM <b>Rahu</b> 11:51AM – 1:41PM	<b>Pushya Until 6:22AM Thu</b> Vriddhi Until 6:37AM Thu Kaulava Until 4:40AM Thu <b>Panchami Until 3:32PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Blue Jyeshtha*Vaikasi	Sunrise: 4:31AM Sunset: 7:12PM	Moon 4 - Phase 6 - 18 3rd Phase <b>Sivaloka Day</b>	
Creative Work Siddha Yoga									
<b>6</b>		<b>Thursday, May 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Sun 19 Sutra 39		Norman, OK	
Kataka Rasi: 16.28 Tithi 6 – 7		244196579		<b>Gulika</b> 8:11AM – 10:01AM Yama 4:30AM – 6:21AM <b>Rahu</b> 1:42PM – 3:32PM	<b>Pushya Until 6:22AM</b> Vriddhi Until 6:37AM Gara Until 6:59AM Fri <b>Shashthi* Until 5:48PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Blue Jyeshtha*Vaikasi	Sunrise: 4:30AM Sunset: 7:12PM	Moon 4 - Phase 6 - 19 3rd Phase <b>Sivaloka Day</b>	
Creative Work Amrita Yoga Until 6:22AM Then Creative Work - Siddha Yoga									
<b>Retreat Star</b>		<b>Friday, May 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Saptamyam Titau		Sun 20 Sutra 40		Norman, OK	
Kataka Rasi: 28.22 Tithi 7		344196579		<b>Gulika</b> 6:20AM – 8:11AM Yama 3:32PM – 5:23PM <b>Rahu</b> 10:01AM – 11:52AM	<b>Ashlesha* Until 9:05AM</b> Dhruva Until 7:29AM Gara Until 6:59AM <b>Saptami Until 8:08PM</b>	<b>Ganesha:</b> White <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Blue Jyeshtha*Vaikasi	Sunrise: 4:30AM Sunset: 7:13PM	Moon 4 - Phase 6 - 20 3rd Phase <b>Devaloka Day</b>	
Routine Work Marana Yoga									
<b>Retreat Star</b>		<b>Saturday, May 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyaghata*/Harshana Yoga Visti*/Bava Karana Ashtamyam Titau		Sun 21 Sutra 41		Norman, OK	
Simha Rasi: 10.17 Tithi 8		354196579		<b>Gulika</b> 4:29AM – 6:20AM Yama 1:42PM – 3:33PM <b>Rahu</b> 8:10AM – 10:01AM	<b>Magha* Until 12:07PM</b> Vyaghata* Until 8:21AM Visti Until 9:18AM <b>Ashtami* Until 10:21PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Red Jyeshtha*Vaikasi	Sunrise: 4:29AM Sunset: 7:14PM	Moon 4 - Phase 6 - 21 Ashtami <b>Sivaloka Day</b>	
Creative Work Amrita Yoga Until 12:07PM Then Creative Work - Siddha Yoga									
<b>Retreat Star</b>		<b>Sunday, May 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Balava/Kaulava Karana Navamyam Titau		Sun 22 Sutra 42		Norman, OK	
Simha Rasi: 22.16 Tithi 9		354196579		<b>Gulika</b> 3:33PM – 5:24PM Yama 11:52AM – 1:43PM <b>Rahu</b> 5:24PM – 7:15PM	<b>Purvaphalguni Until 2:44PM</b> Harshana Until 9:04AM Balava Until 11:22AM <b>Navami* Until 12:14AM Mon</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Clear <b>Nataraja:</b> Purple Moon – Red Jyeshtha*Vaikasi	Sunrise: 4:29AM Sunset: 7:15PM	Moon 4 - Phase 6 - 22 Navami <b>Sivaloka Day</b>	
Creative Work Siddha Yoga Until 2:44PM Then Creative Work - Amrita Yoga									

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

<b>1 Monday, May 29, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vajra*/Siddhi Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 43	
Kanya Rasi: 4.23	Tithi 10	<b>Gulika</b> 1:43PM – 3:34PM	<b>Uttaraphalguni</b> Until 4:45PM	<b>Ganesha:</b> Clear	Sunrise: 4:28AM
<b>Family Home Evening</b>	354196579	Yama 10:01AM – 11:52AM	Vajra* Until 9:26AM	<b>Muruga:</b> Clear	Sunset: 7:16PM
Creative Work	Siddha Yoga	<b>Rahu</b> 6:19AM – 8:10AM	Taitila Until 1:01PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - 23
			<b>Dashami</b> Until 1:36AM Tue	Moon – Red	4th Phase
				<b>Jyeshtha</b> *Vaikasi	<b>Sivaloka Day</b>

<b>2 Tuesday, May 30, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 44	
Kanya Rasi: 16.46	Tithi 11	<b>Gulika</b> 11:52AM – 1:43PM	<b>Hasta</b> Until 6:29PM	<b>Ganesha:</b> Purple	Sunrise: 4:28AM
	364196579	Yama 8:10AM – 10:01AM	Siddhi Until 9:22AM	<b>Muruga:</b> Clear	Sunset: 7:16PM
Creative Work	Siddha Yoga	<b>Rahu</b> 3:34PM – 5:25PM	Vanija Until 2:03PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - 24
			<b>Ekadashi</b> Until 2:16AM Wed	Moon – Green	4th Phase
				<b>Jyeshtha</b> *Vaikasi	<b>Devaloka Day</b>

<b>3 Wednesday, May 31, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam Chitra Nakshatra Vyatipata*/Varyan Yoga Bava/Balava Karana Dvodashyam Titau		Sun 25 Sutra 45	
Kanya Rasi: 29.28	Tithi 12	<b>Gulika</b> 10:01AM – 11:52AM	<b>Chitra</b> Until 7:19PM	<b>Ganesha:</b> Purple	Sunrise: 4:27AM
	364196579	Yama 6:18AM – 8:10AM	Vyatipata* Until 8:45AM	<b>Muruga:</b> Clear	Sunset: 7:17PM
Creative Work	Siddha Yoga	<b>Rahu</b> 11:52AM – 1:43PM	Bava Until 2:21PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - 25
			<b>Dvadashi</b> Until 2:11AM Thu	Moon – Green	4th Phase
				<b>Jyeshtha</b> *Vaikasi	<b>Devaloka Day</b>

<b>4 Thursday, June 1, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam Svati Nakshatra Varyan/Paigha* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 46	
Tula Rasi: 12.31	Tithi 13	<b>Gulika</b> 8:09AM – 10:01AM	<b>Svati</b> Until 7:15PM	<b>Ganesha:</b> Clear	Sunrise: 4:27AM
	364296579	Yama 4:27AM – 6:18AM	Varyan Until 7:30AM	<b>Muruga:</b> Clear	Sunset: 7:18PM
Creative Work	Amrita Yoga	<b>Rahu</b> 1:44PM – 3:35PM	Kaulava Until 1:53PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - 26
Until 7:15PM			<b>Trayodashi</b> Until 1:21AM Fri	Moon – Green	4th Phase
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>	<b>Jyeshtha</b> *Vaikasi	<b>Sivaloka Day</b>

<b>5 Friday, June 2, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 47	
Tula Rasi: 25.59	Tithi 14	<b>Gulika</b> 6:18AM – 8:09AM	<b>Vishakha</b> Until 6:47PM	<b>Ganesha:</b> White	Sunrise: 4:26AM
	374296579	Yama 3:36PM – 5:27PM	Shiva Until 3:19AM Sat	<b>Muruga:</b> Clear	Sunset: 7:19PM
Creative Work	Siddha Yoga	<b>Rahu</b> 10:01AM – 11:52AM	Gara Until 12:41PM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - 27
		<b>Vaikasi Visakam</b>	<b>Chaturdashi*</b> Until 11:49PM	Moon – Orange	4th Phase
				<b>Jyeshtha</b> *Vaikasi	<b>Subha Sivaloka Day</b>

<b>○ Saturday, June 3, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Siddha Yoga Visti*/Bava Karana Purnimayam Titau		Norman, OK Sutra 48	
<b>Copper Retreat Star</b>		<b>Gulika</b> 4:26AM – 6:18AM	<b>Anuradha</b> Until 5:34PM	<b>Ganesha:</b> White	Sunrise: 4:26AM
Vrischika Rasi: 9.51	Tithi 15	Yama 1:44PM – 3:36PM	Siddha Until 12:28AM Sun	<b>Muruga:</b> Clear	Sunset: 7:19PM
	374296579	<b>Rahu</b> 8:09AM – 10:01AM	Visti Until 10:51AM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 9:43PM	Moon – Orange	
				<b>Jyeshtha</b> *Vaikasi	<b>Subha Sivaloka Day</b>

<b>Sunday, June 4, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sadhya Yoga Balava/Kaulava Karana Prathamayam Titau		Norman, OK Sutra 49	
<b>Silver Retreat Star</b>		<b>Gulika</b> 3:36PM – 5:28PM	<b>Jyeshtha*</b> Until 3:45PM	<b>Ganesha:</b> White	Sunrise: 4:26AM
Vrischika Rasi: 24.03	Tithi 16	Yama 11:53AM – 1:45PM	Sadhya Until 9:18PM	<b>Muruga:</b> Clear	Sunset: 7:20PM
	374296579	<b>Rahu</b> 5:28PM – 7:20PM	Balava Until 8:30AM	<b>Nataraja:</b> Purple	Moon 4 - Phase 7 - Prathama
Routine Work	Marana Yoga		<b>Prathama*</b> Until 7:10PM	Moon – Orange	
Until 3:45PM				<b>Jyeshtha</b> *Vaikasi	<b>Subha Sivaloka Day</b>
Then Creative Work - Amrita Yoga					



Monday, June 5, 2023

Gold Retreat Star

Dhanus Rasi: 8.32 Tithi 17 – 18

Family Home Evening

384296571

Creative Work Siddha Yoga

Until 1:53PM

Then Routine Work - Marana Yoga

Gulika

1:45PM – 3:37PM

Yama

10:01AM – 11:53AM

Rahu

6:17AM – 8:09AM

Mula\* Until 1:53PM

Subha Until 5:55PM

Vanija Until 2:53AM Tue

Dvitiya Until 4:20PM

Ganesha: Yellow

Sunrise: 4:25AM

Muruga: Clear

Sunset: 7:21PM

Nataraja: Blue

Moon – Light Blue

Jyeshtha\*Vaikasi

Sun 1

Sutra 50

Sobhana 5125

Moon 5 - Phase 8 - 1

1st Phase

Sivaloka Day

1

Tuesday, June 6, 2023

Dhanus Rasi: 23.09 Tithi 18 – 19

Creative Work Siddha Yoga

Until 11:44AM

Then Routine Work - Prabararishta Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Sukla/Brahma Yoga Visti\*/Bava Karana Tritiya/Chaturthiyam Titau

Gulika

11:53AM – 1:45PM

Yama

8:09AM – 10:01AM

Rahu

3:37PM – 5:29PM

Purvashadha\* Until 11:44AM

Sukla Until 2:24PM

Bava Until 11:53PM

Tritiya Until 1:22PM

Ganesha: White

Sunrise: 4:25AM

Muruga: Clear

Sunset: 7:21PM

Nataraja: Blue

Moon – Light Blue

Jyeshtha\*Vaikasi

Sun 2

Norman, OK

Sutra 51

Sobhana 5125

Moon 5 - Phase 8 - 2

1st Phase

Devaloka Day

2

Wednesday, June 7, 2023

Makara Rasi: 7.49 Tithi 19 – 20

Creative Work Amrita Yoga

Until 9:26AM

Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha\*/Shravana Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Gulika

10:01AM – 11:53AM

Yama

6:17AM – 8:09AM

Rahu

11:53AM – 1:45PM

Uttarashadha Until 9:26AM

Brahma Until 10:54AM

Kaulava Until 8:57PM

Chaturthi\* Until 10:23AM

Ganesha: White

Sunrise: 4:25AM

Muruga: Clear

Sunset: 7:22PM

Nataraja: Blue

Moon – Light Blue

Jyeshtha\*Vaikasi

Sun 3

Norman, OK

Sutra 52

Sobhana 5125

Moon 5 - Phase 8 - 3

1st Phase

Devaloka Day

3

Thursday, June 8, 2023

Makara Rasi: 22.24 Tithi 20 – 21

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Indra/Vaidhiti\* Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

Gulika

8:09AM – 10:01AM

Yama

4:24AM – 6:17AM

Rahu

1:46PM – 3:38PM

Shravana Until 7:31AM

Indra Until 7:31AM

Gara Until 6:13PM

Panchami Until 7:32AM

Ganesha: Yellow

Sunrise: 4:24AM

Muruga: Clear

Sunset: 7:22PM

Nataraja: Blue

Moon – Purple

Jyeshtha\*Vaikasi

Sun 4

Norman, OK

Sutra 53

Sobhana 5125

Moon 5 - Phase 8 - 4

1st Phase

Sivaloka Day

4

Friday, June 9, 2023

Kumbha Rasi: 6.5 Tithi 22

Creative Work Siddha Yoga

Until 4:04AM Sat

Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Shatabhishak Nakshatra Vishkambha\* Yoga Visti\*/Bava Karana Saptamyam Titau

Gulika

6:17AM – 8:09AM

Yama

3:38PM – 5:31PM

Rahu

10:01AM – 11:54AM

Shatabhishak Until 4:04AM Sat

Vishkambha\* Until 1:21AM Sat

Visti Until 3:44PM

Saptami Until 2:36AM Sat

Ganesha: Yellow

Sunrise: 4:24AM

Muruga: Clear

Sunset: 7:23PM

Nataraja: Blue

Moon – Purple

Jyeshtha\*Vaikasi

Sun 5

Norman, OK

Sutra 54

Sobhana 5125

Moon 5 - Phase 8 - 5

1st Phase

Sivaloka Day

5

Saturday, June 10, 2023

Retreat Star

Kumbha Rasi: 21.02 Tithi 23

Routine Work Marana Yoga

Until 3:05AM Sun

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvaproshtpada\* Nakshatra Priti Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika

4:24AM – 6:17AM

Yama

1:46PM – 3:39PM

Rahu

8:09AM – 10:01AM

Purvaproshtpada\* Until 3:05AM Sun

Priti Until 10:44PM

Balava Until 1:37PM

Ashtami\* Until 12:40AM Sun

Ganesha: Clear

Sunrise: 4:24AM

Muruga: Clear

Sunset: 7:24PM

Nataraja: Blue

Moon – Clear

Jyeshtha\*Vaikasi

Sun 6

Norman, OK

Sutra 55

Sobhana 5125

Moon 5 - Phase 8 - 6

Ashtami

Sivaloka Day

Sunday, June 11, 2023

Retreat Star

Meena Rasi: 5.01 Tithi 24

Creative Work Amrita Yoga

Until 2:22AM Mon

Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraproshtpada Nakshatra Ayushman Yoga Taitila/Gara Karana Navamyam Titau

Gulika

3:39PM – 5:32PM

Yama

11:54AM – 1:47PM

Rahu

5:32PM – 7:24PM

Uttaraproshtpada Until 2:22AM Mon

Ayushman Until 8:24PM

Taitila Until 11:53AM

Navami\* Until 11:09PM

Ganesha: Clear

Sunrise: 4:24AM

Muruga: Clear

Sunset: 7:24PM

Nataraja: Blue

Moon – Clear

Jyeshtha\*Vaikasi

Sun 7

Norman, OK

Sutra 56

Sobhana 5125

Moon 5 - Phase 8 - 7

Navami

Sivaloka Day

**Monday, June 12, 2023**

**1**  
Meena Rasi: 18.43 Tithi 25  
**Family Home Evening**  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Revati Nakshatra Saubhagya Yoga Vanija/Visti\* Karana Dashamyam Titau  
**Gulika 1:47PM – 3:39PM**  
Yama 10:02AM – 11:54AM  
**Rahu 6:16AM – 8:09AM**  
**Revati Until 1:55AM Tue**  
Saubhagya Until 6:26PM  
Vanija Until 10:33AM  
**Dashami Until 10:02PM**

Norman, OK Sun 8 Sutra 57  
Sobhana 5125  
Moon 5 - Phase 9 - 8 2nd Phase  
**Ganesha: Clear Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:25PM**  
**Nataraja: Blue**  
Moon – Clear  
**Sivaloka Day**  
Jyeshtha\*Vaikasi

**Tuesday, June 13, 2023**

**2**  
Mesha Rasi: 2.11 Tithi 26  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashvini Nakshatra Sobhana/Athiganda\* Yoga Bava/Balava Karana Ekadashyam Titau  
**Gulika 11:54AM – 1:47PM**  
Yama 8:09AM – 10:02AM  
**Rahu 3:40PM – 5:32PM**  
**Ashvini Until 2:10AM Wed**  
Sobhana Until 4:49PM  
Bava Until 9:39AM  
**Ekadashi\* Until 9:20PM**

Norman, OK Sun 9 Sutra 58  
Sobhana 5125  
Moon 5 - Phase 9 - 9 2nd Phase  
**Ganesha: White Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:25PM**  
**Nataraja: Blue**  
Moon – White  
**Devaloka Day**  
Jyeshtha\*Vaikasi

**Wednesday, June 14, 2023**

**3**  
Mesha Rasi: 15.25 Tithi 27  
Creative Work Siddha Yoga  
Until 2:41AM Thu  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Bharani Nakshatra Athiganda\*/Sukarma Yoga Kaulava/Taitila Karana Dvadashyam Titau  
**Gulika 10:02AM – 11:55AM**  
Yama 6:17AM – 8:09AM  
**Rahu 11:55AM – 1:47PM**  
**Bharani Until 2:41AM Thu**  
Athiganda\* Until 3:30PM  
Kaulava Until 9:10AM  
**Dvadashi\* Until 9:03PM**

Norman, OK Sun 10 Sutra 59  
Sobhana 5125  
Moon 5 - Phase 9 - 10 2nd Phase  
**Ganesha: White Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:25PM**  
**Nataraja: Blue**  
Moon – White  
**Devaloka Day**  
Jyeshtha\*Vaikasi

**Thursday, June 15, 2023**

**4**  
Mesha Rasi: 28.26 Tithi 28  
Routine Work Marana Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Krittika Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Trayodashyam Titau  
**Gulika 8:09AM – 10:02AM**  
Yama 4:24AM – 6:17AM  
**Rahu 1:48PM – 3:40PM**  
**Krittika Until 3:27AM Fri**  
Sukarma Until 2:31PM  
Gara Until 9:05AM  
**Trayodashi\* Until 9:10PM**

Norman, OK Sun 11 Sutra 60  
Sobhana 5125  
Moon 5 - Phase 9 - 11 2nd Phase  
**Ganesha: Yellow Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:26PM**  
**Nataraja: Blue**  
Moon – White  
**Sivaloka Day**  
Jyeshtha\*Ani  
Pradosha Vrata (Fasting)

**Friday, June 16, 2023**

**5**  
Vrishabha Rasi: 11.16 Tithi 29  
Routine Work Marana Yoga  
Until 4:55AM Sat  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam  
Rohini Nakshatra Dhriti/Shula\* Yoga Visti\*/Sakuni\* Karana Chaturdashyam Titau  
**Gulika 6:17AM – 8:09AM**  
Yama 3:41PM – 5:33PM  
**Rahu 10:02AM – 11:55AM**  
**Rohini Until 4:55AM Sat**  
Dhriti Until 1:52PM  
Visti Until 9:24AM  
**Chaturdashi\* Until 9:42PM**

Norman, OK Sun 12 Sutra 61  
Sobhana 5125  
Moon 5 - Phase 9 - 12 2nd Phase  
**Ganesha: Red Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:26PM**  
**Nataraja: Blue**  
Moon – Yellow  
**Sivaloka Day**  
Jyeshtha\*Ani

**Saturday, June 17, 2023****Retreat Star**

Vrishabha Rasi: 23.53 Tithi 30  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Mrigashira Nakshatra Shula\*/Ganda\* Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau  
**Gulika 4:24AM – 6:17AM**  
Yama 1:48PM – 3:41PM  
**Rahu 8:10AM – 10:02AM**  
**Mrigashira Until 6:36AM Sun**  
Shula\* Until 1:31PM  
Catuspada Until 10:08AM  
**Amavasya\* Until 10:38PM**

Norman, OK Sun 13 Sutra 62  
Sobhana 5125  
Moon 5 - Phase 9 - 13 Amavasya  
**Ganesha: Red Sunrise: 4:24AM**  
**Muruga: Clear Sunset: 7:27PM**  
**Nataraja: Blue**  
Moon – Yellow  
**Sivaloka Day**  
Jyeshtha\*Ani

**Sunday, June 18, 2023****Retreat Star**

Mithuna Rasi: 6.2 Tithi 1  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Ganda\*/Vridhhi Yoga Kintughna\*/Bava Karana Prathamayam Titau  
**Gulika 3:41PM – 5:34PM**  
Yama 11:55AM – 1:48PM  
**Rahu 5:34PM – 7:27PM**  
**Mrigashira Until 6:36AM**  
Ganda\* Until 1:29PM  
Kintughna Until 11:16AM  
**Prathama\* Until 11:57PM**

Norman, OK Sun 14 Sutra 63  
Sobhana 5125  
Moon 5 - Phase 9 - 14 Prathama  
**Ganesha: Red Sunrise: 4:24AM**  
**Muruga: Yellow Sunset: 7:27PM**  
**Nataraja: Blue**  
Moon – Yellow  
**Sivaloka Day**  
Ashada\*Ani  
Father's Day

<b>Monday, June 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Dvitiyayam Titau		Norman, OK Sun 15 Sutra 64	
<b>1</b>	Mithuna Rasi: 18.37 Tithi 2 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 8:31AM Then Creative Work - Amrita Yoga	<b>Gulika</b> 1:49PM – 3:41PM Yama 10:03AM – 11:56AM <b>Rahu</b> 6:17AM – 8:10AM	<b>Ardra Until 8:31AM</b> Vriddhi Until 1:46PM Balava Until 12:47PM <b>Dvitiya Until 1:39AM Tue</b>	<b>Ganesha:</b> Red <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Yellow <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:24AM <b>Sunset:</b> 7:27PM Moon 5 - Phase 10 - 15 3rd Phase <b>Sivaloka Day</b>
<b>Tuesday, June 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Dhruva/Vyaghata* Yoga Taitila/Gara Karana Tritiyayam Titau		Norman, OK Sun 16 Sutra 65	
<b>2</b>	Kataka Rasi: 0.45 Tithi 3 346216571 Creative Work Siddha Yoga	<b>Gulika</b> 11:56AM – 1:49PM Yama 8:10AM – 10:03AM <b>Rahu</b> 3:42PM – 5:35PM	<b>Punarvasu Until 11:07AM</b> Dhruva Until 2:17PM Taitila Until 2:38PM <b>Tritiya Until 3:40AM Wed</b>	<b>Ganesha:</b> Yellow <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:24AM <b>Sunset:</b> 7:27PM Moon 5 - Phase 10 - 16 3rd Phase <b>Sivaloka Day</b>
<b>Wednesday, June 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vyaghata*/Harshana Yoga Vanija/Visti* Karana Chaturthiyam Titau		Norman, OK Sun 17 Sutra 66	
<b>3</b>	Kataka Rasi: 12.46 Tithi 4 346216571 Creative Work Siddha Yoga	<b>Gulika</b> 10:03AM – 11:56AM Yama 6:17AM – 8:10AM <b>Rahu</b> 11:56AM – 1:49PM	<b>Pushya Until 1:49PM</b> Vyaghata* Until 3:03PM Vanija Until 4:48PM <b>Chaturthi* Until 5:56AM Thu</b>	<b>Ganesha:</b> Yellow <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:25AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 17 3rd Phase <b>Sivaloka Day</b>
<b>Thursday, June 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Harshana/Vajra* Yoga Bava Karana Panchamyam Titau		Norman, OK Sun 18 Sutra 67	
<b>4</b>	Kataka Rasi: 24.41 Tithi 5 347216571 Creative Work Siddha Yoga Until 4:34PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 8:11AM – 10:03AM Yama 4:25AM – 6:18AM <b>Rahu</b> 1:49PM – 3:42PM	<b>Ashlesha* Until 4:34PM</b> Harshana Until 3:59PM Bava Until 7:09PM <b>Panchami Until 8:20AM Fri</b>	<b>Ganesha:</b> Blue <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Blue <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:25AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 18 3rd Phase <b>Devaloka Day</b>
<b>Friday, June 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Norman, OK Sun 19 Sutra 68	
<b>5</b>	Simha Rasi: 6.32 Tithi 5 – 6 357216571 Routine Work Marana Yoga Until 7:43PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 6:18AM – 8:11AM Yama 3:42PM – 5:35PM <b>Rahu</b> 10:04AM – 11:57AM	<b>Magha* Until 7:43PM</b> Vajra* Until 4:56PM Kaulava Until 9:33PM <b>Panchami Until 8:20AM</b>	<b>Ganesha:</b> Yellow <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:25AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 19 3rd Phase <b>Sivaloka Day</b>
<b>Saturday, June 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Norman, OK Sun 20 Sutra 69	
<b>6</b>	Simha Rasi: 18.25 Tithi 6 – 7 357216571 Creative Work Siddha Yoga Until 10:35PM Then Routine Work - Marana Yoga	<b>Gulika</b> 4:25AM – 6:18AM Yama 1:50PM – 3:42PM <b>Rahu</b> 8:11AM – 10:04AM	<b>Purvaphalguni Until 10:35PM</b> Siddhi Until 5:50PM Gara Until 11:50PM <b>Shashthi* Until 10:42AM</b>	<b>Ganesha:</b> Yellow <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:25AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 20 3rd Phase <b>Sivaloka Day</b>
<b>Sunday, June 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bharu Vasara Yuktayam Uttaraphalguni Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Norman, OK Sun 21 Sutra 70	
<b>Retreat Star</b>	Kanya Rasi: 0.22 Tithi 7 – 8 357216571 Creative Work Amrita Yoga Until 12:59AM Mon Then Creative Work - Siddha Yoga	<b>Gulika</b> 3:43PM – 5:35PM Yama 11:57AM – 1:50PM <b>Rahu</b> 5:35PM – 7:28PM	<b>Uttaraphalguni Until 12:59AM Mon</b> Vyatipata* Until 6:32PM Visti Until 1:46AM Mon <b>Saptami Until 12:50PM</b>	<b>Ganesha:</b> Yellow <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Red <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:26AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 21 Ashtami <b>Sivaloka Day</b>
<b>Monday, June 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Variyan Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Norman, OK Sun 22 Sutra 71	
<b>Retreat Star</b>	Kanya Rasi: 12.27 Tithi 8 – 9 367316571 Family Home Evening Creative Work Siddha Yoga	<b>Gulika</b> 1:50PM – 3:43PM Yama 10:04AM – 11:57AM <b>Rahu</b> 6:19AM – 8:12AM	<b>Hasta Until 3:10AM Tue</b> Variyan Until 6:49PM Balava Until 3:09AM Tue <b>Ashtami* Until 2:31PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow <b>Nataraja:</b> Blue Moon – Green <b>Ashada*Ani</b>	<b>Sunrise:</b> 4:26AM <b>Sunset:</b> 7:28PM Moon 5 - Phase 10 - 22 Navami <b>Sivaloka Day</b>

<b>1 Tuesday, June 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam		Chitra Nakshatra Parigha* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Sun 23 Sutra 72	
Kanya Rasi: 24.48	Tithi 9 – 10	<b>Gulika</b> 11:57AM – 1:50PM	<b>Chitra Until 4:29AM Wed</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:26AM	Sobhana 5125	
		Yama 8:12AM – 10:05AM	Parigha* Until 6:35PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - 23	
Creative Work	Siddha Yoga	367316571 <b>Rahu</b> 3:43PM – 5:36PM	Taitila Until 3:48AM Wed	<b>Nataraja:</b> Blue		4th Phase	
			<b>Navami* Until 3:33PM</b>	Moon – Green		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>2 Wednesday, June 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam		Svati Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 24 Sutra 73	
Tula Rasi: 7.28	Tithi 10 – 11	<b>Gulika</b> 10:05AM – 11:58AM	<b>Svati Until 4:49AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:27AM	Sobhana 5125	
		Yama 6:19AM – 8:12AM	Shiva Until 5:44PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - 24	
Creative Work	Siddha Yoga	367316571 <b>Rahu</b> 11:58AM – 1:50PM	Vanija Until 3:37AM Thu	<b>Nataraja:</b> Blue		4th Phase	
			<b>Dashami Until 3:48PM</b>	Moon – Green		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>3 Thursday, June 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam		Vishakha Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 25 Sutra 74	
Tula Rasi: 20.34	Tithi 11 – 12	<b>Gulika</b> 8:12AM – 10:05AM	<b>Vishakha Until 4:38AM Fri</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:27AM	Sobhana 5125	
		Yama 4:27AM – 6:20AM	Siddha Until 4:11PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - 25	
Creative Work	Siddha Yoga	378316571 <b>Rahu</b> 1:50PM – 3:43PM	Bava Until 2:35AM Fri	<b>Nataraja:</b> Blue		4th Phase	
			<b>Ekadashi Until 3:11PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>4 Friday, June 30, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam		Anuradha Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Sun 26 Sutra 75	
Vrischika Rasi: 4.06	Tithi 12 – 13	<b>Gulika</b> 6:20AM – 8:13AM	<b>Anuradha Until 3:32AM Sat</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:28AM	Sobhana 5125	
		Yama 3:43PM – 5:36PM	Sadhya Until 1:59PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - 26	
Creative Work	Siddha Yoga	378316571 <b>Rahu</b> 10:05AM – 11:58AM	Kaulava Until 12:47AM Sat	<b>Nataraja:</b> Blue		4th Phase	
			<b>Dvadashi Until 1:45PM</b>	Moon – Orange		<b>Sivaloka Day</b>	
				Ashada*Ani			

Pradosha Vrata


<b>5 Saturday, July 1, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam		Jyeshtha* Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Sun 27 Sutra 76	
Vrischika Rasi: 18.07	Tithi 13 – 14	<b>Gulika</b> 4:28AM – 6:21AM	<b>Jyeshtha* Until 1:38AM Sun</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 4:28AM	Sobhana 5125	
		Yama 1:51PM – 3:43PM	Subha Until 11:12AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - 27	
Creative Work	Siddha Yoga	378316571 <b>Rahu</b> 8:13AM – 10:06AM	Gara Until 10:18PM	<b>Nataraja:</b> Blue		4th Phase	
Until 1:38AM Sun			<b>Trayodashi Until 11:36AM</b>	Moon – Orange		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				Ashada*Ani			

<b>○ Sunday, July 2, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam		Mula* Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Norman, OK Sutra 77	
<b>Copper Retreat Star</b>		<b>Gulika</b> 3:43PM – 5:36PM	<b>Mula* Until 11:31PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:29AM	Sobhana 5125	
Dhanus Rasi: 2.34	Tithi 14 – 15	Yama 11:58AM – 1:51PM	Sukla Until 7:54AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - Purnima	
Creative Work	Amrita Yoga	388316571 <b>Rahu</b> 5:36PM – 7:28PM	Visti Until 7:18PM	<b>Nataraja:</b> Blue			
Until 11:31PM			<b>Chaturdashi* Until 8:50AM</b>	Moon – Light Blue		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Satguru Purnima</b>		Ashada*Ani			

<b>Monday, July 3, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam		Purvashadha* Nakshatra Indra Yoga Balava/Kaulava Karana Prathamayam Titau		Norman, OK Sutra 78	
<b>Silver Retreat Star</b>		<b>Gulika</b> 1:51PM – 3:43PM	<b>Purvashadha* Until 8:56PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 4:29AM	Sobhana 5125	
Dhanus Rasi: 17.2	Tithi 16	Yama 10:06AM – 11:58AM	Indra Until 12:21AM Tue	<b>Muruga:</b> Yellow	<i>Sunset:</i> 7:28PM	Moon 5 - Phase 11 - Prathama	
<b>Family Home Evening</b>		388316571 <b>Rahu</b> 6:21AM – 8:14AM	Balava Until 3:57PM	<b>Nataraja:</b> Blue			
Routine Work	Marana Yoga		<b>Prathama* Until 2:11AM Tue</b>	Moon – Light Blue		<b>Devaloka Day</b>	
				Ashada*Ani			

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



	<b>Tuesday, July 4, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam		Norman, OK	
	<b>Gold Retreat Star</b>		Uttarashadha Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Dvitiyayam Titau		Sutra 79	
Makara Rasi: 2.2	Tithi 17	<b>Gulika</b> 11:59AM – 1:51PM	<b>Uttarashadha Until 6:05PM</b>	<b>Ganesha:</b> Purple	Sunrise: 4:30AM	Sobhana 5125
		Yama 8:14AM – 10:06AM	Vaidhriti* Until 8:20PM	<b>Muruga:</b> Yellow	Sunset: 7:28PM	Moon 6 - Phase 12 - 1st Phase
	388316571	<b>Rahu</b> 3:43PM – 5:35PM	Taitila Until 12:25PM	<b>Nataraja:</b> Blue		
Routine Work	Prabalarishta Yoga		<b>Dvitiya Until 10:37PM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 6:05PM				<b>Ashada*Ani</b>		
Then Creative Work - Siddha Yoga						

<b>1</b>	<b>Wednesday, July 5, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Shravana/Dhanishtha Nakshatra Vishkambha*Priti Yoga Vanija/Visti* Karana Tritiyayam Titau		Sutra 80	
Makara Rasi: 17.22	Tithi 18	<b>Gulika</b> 10:07AM – 11:59AM	<b>Shravana Until 3:31PM</b>	<b>Ganesha:</b> Purple	Sunrise: 4:30AM	Sobhana 5125
		Yama 6:22AM – 8:15AM	Vishkambha* Until 4:23PM	<b>Muruga:</b> Yellow	Sunset: 7:27PM	Moon 6 - Phase 12 - 1st Phase
	399316571	<b>Rahu</b> 11:59AM – 1:51PM	Vanija Until 8:52AM	<b>Nataraja:</b> Blue		
Creative Work	Siddha Yoga		<b>Tritiya Until 7:07PM</b>	Moon – Purple		<b>Subha Sivaloka Day</b>
Until 3:31PM				<b>Ashada*Ani</b>		
Then Routine Work - Prabalarishta Yoga						

<b>2</b>	<b>Thursday, July 6, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Dhanishtha/Shatabhishak Nakshatra Priti/Ayushman Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau		Sutra 81	
Kumbha Rasi: 2.19	Tithi 19 – 20	<b>Gulika</b> 8:15AM – 10:07AM	<b>Dhanishtha Until 1:01PM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:31AM	Sobhana 5125
		Yama 4:31AM – 6:23AM	Priti Until 12:36PM	<b>Muruga:</b> Yellow	Sunset: 7:27PM	Moon 6 - Phase 12 - 2nd Phase
	499316571	<b>Rahu</b> 1:51PM – 3:43PM	Kaulava Until 2:20AM Fri	<b>Nataraja:</b> Blue		1st Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 3:50PM</b>	Moon – Purple		<b>Sivaloka Day</b>
				<b>Ashada*Ani</b>		

<b>3</b>	<b>Friday, July 7, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Shatabhishak/Purvaproshtapada* Nakshatra Ayushman/Saubhagya Yoga Taitila/Gara Karana Panchami/Shashthyam Titau		Sutra 82	
Kumbha Rasi: 17.03	Tithi 20 – 21	<b>Gulika</b> 6:23AM – 8:15AM	<b>Shatabhishak Until 10:43AM</b>	<b>Ganesha:</b> Clear	Sunrise: 4:31AM	Sobhana 5125
		Yama 3:43PM – 5:35PM	Ayushman Until 9:04AM	<b>Muruga:</b> Yellow	Sunset: 7:27PM	Moon 6 - Phase 12 - 3rd Phase
	499316571	<b>Rahu</b> 10:07AM – 11:59AM	Gara Until 11:37PM	<b>Nataraja:</b> Blue		1st Phase
Creative Work	Siddha Yoga		<b>Panchami Until 12:54PM</b>	Moon – Purple		<b>Sivaloka Day</b>
				<b>Ashada*Ani</b>		

<b>4</b>	<b>Saturday, July 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Purvaproshtapada*Uttaraproshtapada Nakshatra Sobhana Yoga Vanija/Visti* Karana Shashthi/Saptamyam Titau		Sutra 83	
Meena Rasi: 1.27	Tithi 21 – 22	<b>Gulika</b> 4:32AM – 6:24AM	<b>Purvaproshtapada* Until 9:09AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 4:32AM	Sobhana 5125
		Yama 1:51PM – 3:43PM	Sobhana Until 3:15AM Sun	<b>Muruga:</b> Yellow	Sunset: 7:26PM	Moon 6 - Phase 12 - 4th Phase
	419316571	<b>Rahu</b> 8:16AM – 10:07AM	Visti Until 9:26PM	<b>Nataraja:</b> Blue		1st Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 10:26AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Until 9:09AM				<b>Ashada*Ani</b>		
Then Creative Work - Siddha Yoga						

<b>5</b>	<b>Sunday, July 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bharu Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Uttaraproshtapada/Revati Nakshatra Athiganda* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau		Sutra 84	
Meena Rasi: 15.3	Tithi 22 – 23	<b>Gulika</b> 3:43PM – 5:34PM	<b>Uttaraproshtapada Until 8:01AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 4:33AM	Sobhana 5125
		Yama 11:59AM – 1:51PM	Athiganda* Until 1:02AM Mon	<b>Muruga:</b> Yellow	Sunset: 7:26PM	Moon 6 - Phase 12 - 5th Phase
	419316571	<b>Rahu</b> 5:34PM – 7:26PM	Balava Until 7:50PM	<b>Nataraja:</b> Blue		Ashtami
Creative Work	Amrita Yoga		<b>Saptami Until 8:32AM</b>	Moon – Clear		<b>Sivaloka Day</b>
				<b>Ashada*Ani</b>		

<b>6</b>	<b>Monday, July 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam		Norman, OK	
	<b>Retreat Star</b>		Revati/Ashvini Nakshatra Sukarma Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau		Sutra 85	
Meena Rasi: 29.1	Tithi 23 – 24	<b>Gulika</b> 1:51PM – 3:43PM	<b>Revati Until 7:20AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 4:33AM	Sobhana 5125
		Yama 10:08AM – 12:00PM	Sukarma Until 11:21PM	<b>Muruga:</b> Yellow	Sunset: 7:26PM	Moon 6 - Phase 12 - 6th Phase
	419316571	<b>Rahu</b> 6:25AM – 8:16AM	Taitila Until 6:51PM	<b>Nataraja:</b> Blue		Navami
Family Home Evening	Siddha Yoga		<b>Ashtami* Until 7:15AM</b>	Moon – Clear		<b>Sivaloka Day</b>
Creative Work				<b>Ashada*Ani</b>		

<b>1 Tuesday, July 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam		Sun 7 Sutra 86	
Ashvini/Bharani Nakshatra Dhriti Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Sobhana 5125	
Mesha Rasi: 12.28	Tithi 24 – 25	<b>Gulika</b> 12:00PM – 1:51PM	<b>Ashvini Until 7:33AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:34AM	
		Yama 8:17AM – 10:08AM	Dhriti Until 10:08PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:25PM	Moon 6 - Phase 13 - 7
429316571	<b>Rahu</b> 3:42PM – 5:34PM		Vanija Until 6:29PM	<b>Nataraja:</b> Blue	2nd Phase
Creative Work	Siddha Yoga		<b>Navami* Until 6:34AM</b>	Moon – White	<b>Subha Sivaloka Day</b>
				Ashada*Ani	

<b>2 Wednesday, July 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam		Sun 8 Sutra 87	
Bharani/Krittika Nakshatra Shula* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Sobhana 5125	
Mesha Rasi: 25.29	Tithi 25 – 26	<b>Gulika</b> 10:09AM – 12:00PM	<b>Bharani Until 8:12AM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 4:35AM	
		Yama 6:26AM – 8:17AM	Shula* Until 9:21PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:25PM	Moon 6 - Phase 13 - 8
429316571	<b>Rahu</b> 12:00PM – 1:51PM		Bava Until 6:40PM	<b>Nataraja:</b> Blue	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami Until 6:29AM</b>	Moon – White	<b>Subha Sivaloka Day</b>
Until 8:12AM				Ashada*Ani	
Then Creative Work - Amrita Yoga					

<b>3 Thursday, July 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam		Sun 9 Sutra 88	
Krittika/Rohini Nakshatra Ganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Sobhana 5125	
Vrishabha Rasi: 8.13	Tithi 26 – 27	<b>Gulika</b> 8:18AM – 10:09AM	<b>Krittika Until 9:12AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 4:36AM	
		Yama 4:36AM – 6:27AM	Ganda* Until 8:56PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:24PM	Moon 6 - Phase 13 - 9
421316571	<b>Rahu</b> 1:51PM – 3:42PM		Kaulava Until 7:20PM	<b>Nataraja:</b> Blue	2nd Phase
Routine Work	Marana Yoga		<b>Ekadashi* Until 6:55AM</b>	Moon – White	<b>Subha Sivaloka Day</b>
				Ashada*Ani	

<b>4 Friday, July 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam		Sun 10 Sutra 89	
Rohini/Mrigashira Nakshatra Vriddhi Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Sobhana 5125	
Vrishabha Rasi: 20.46	Tithi 27 – 28	<b>Gulika</b> 6:27AM – 8:18AM	<b>Rohini Until 10:56AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:36AM	
		Yama 3:42PM – 5:33PM	Vriddhi Until 8:51PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:24PM	Moon 6 - Phase 13 - 10
431316571	<b>Rahu</b> 10:09AM – 12:00PM		Gara Until 8:24PM	<b>Nataraja:</b> Blue	2nd Phase
Routine Work	Marana Yoga		<b>Dvadashi* Until 7:48AM</b>	Moon – Yellow	<b>Sivaloka Day</b>
Until 10:56AM				Ashada*Ani	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>		

<b>5 Saturday, July 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam		Sun 11 Sutra 90	
Mrigashira/Ardra Nakshatra Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Sobhana 5125	
Mithuna Rasi: 3.08	Tithi 28 – 29	<b>Gulika</b> 4:37AM – 6:28AM	<b>Mrigashira Until 12:53PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:37AM	
		Yama 1:51PM – 3:42PM	Dhruva Until 9:02PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:23PM	Moon 6 - Phase 13 - 11
431316571	<b>Rahu</b> 8:19AM – 10:09AM		Visti Until 9:50PM	<b>Nataraja:</b> Blue	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 9:04AM</b>	Moon – Yellow	<b>Sivaloka Day</b>
				Ashada*Ani	

<b>6 Sunday, July 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam		Sun 12 Sutra 91	
Ardra/Punarvasu Nakshatra Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Sobhana 5125	
Mithuna Rasi: 15.22	Tithi 29 – 30	<b>Gulika</b> 3:41PM – 5:32PM	<b>Ardra Until 2:59PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:38AM	
		Yama 12:00PM – 1:51PM	Vyaghata* Until 9:27PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:23PM	Moon 6 - Phase 13 - 12
431316571	<b>Rahu</b> 5:32PM – 7:23PM		Catuspada Until 11:35PM	<b>Nataraja:</b> Blue	Amavasya
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 10:39AM</b>	Moon – Yellow	<b>Sivaloka Day</b>
				Ashada*Adi	

<b>7 Monday, July 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam		Sun 13 Sutra 92	
Punarvasu/Pushya Nakshatra Harshana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Sobhana 5125	
Mithuna Rasi: 27.28	Tithi 30 – 1	<b>Gulika</b> 1:51PM – 3:41PM	<b>Punarvasu Until 5:40PM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 4:39AM	
		Yama 10:10AM – 12:00PM	Harshana Until 10:05PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:22PM	Moon 6 - Phase 13 - 13
441316572	<b>Rahu</b> 6:29AM – 8:19AM		Kintughna Until 1:35AM Tue	<b>Nataraja:</b> Yellow	Prathama
Creative Work	Amrita Yoga		<b>Amavasya* Until 12:32PM</b>	Moon – Blue	<b>Devaloka Day</b>
Until 5:40PM				Sravana Adhika*Adi	
Then Creative Work - Siddha Yoga					

<b>1</b>		<b>Tuesday, July 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Vajra* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Norman, OK Sun 14 Sutra 93	
Kataka Rasi: 9.29	Tithi 1 - 2	<b>Gulika</b> Yama	<b>12:00PM - 1:51PM</b> 8:20AM - 10:10AM	<b>Pushya Until 8:26PM</b> Vajra* Until 10:53PM	<b>Ganesha:</b> Orange <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:39AM <b>Sunset:</b> 7:21PM	Moon 6 - Phase 14 - 14 3rd Phase
Creative Work	Siddha Yoga	441316572	<b>Rahu</b> 3:41PM - 5:31PM	Balava Until 3:49AM Wed <b>Prathama* Until 2:39PM</b>	<b>Nataraja:</b> Yellow Moon - Blue	<b>Devaloka Day</b> Sravana Adhika*Adi	
<b>2</b>		<b>Wednesday, July 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Siddhi Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Norman, OK Sun 15 Sutra 94	
Kataka Rasi: 21.24	Tithi 2 - 3	<b>Gulika</b> Yama	<b>10:10AM - 12:00PM</b> 6:30AM - 8:20AM	<b>Ashlesha* Until 11:12PM</b> Siddhi Until 11:49PM	<b>Ganesha:</b> Orange <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:40AM <b>Sunset:</b> 7:21PM	Moon 6 - Phase 14 - 15 3rd Phase
Creative Work	Siddha Yoga	441316572	<b>Rahu</b> 12:00PM - 1:50PM	Taitila Until 6:13AM Thu <b>Dvitiya Until 4:59PM</b>	<b>Nataraja:</b> Yellow Moon - Blue	<b>Devaloka Day</b> Sravana Adhika*Adi	
<b>3</b>		<b>Thursday, July 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Magha* Nakshatra Vyatipata* Yoga Taitila/Gara Karana Tritiyayam Titau		Norman, OK Sun 16 Sutra 95	
Simha Rasi: 3.16	Tithi 3	<b>Gulika</b> Yama	<b>8:21AM - 10:11AM</b> 4:41AM - 6:31AM	<b>Magha* Until 2:24AM Fri</b> Vyatipata* Until 12:51AM Fri	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:41AM <b>Sunset:</b> 7:20PM	Moon 6 - Phase 14 - 16 3rd Phase
Creative Work	Amrita Yoga	451316572	<b>Rahu</b> 1:50PM - 3:40PM	Taitila Until 6:13AM <b>Tritiya Until 7:25PM</b>	<b>Nataraja:</b> Yellow Moon - Red	<b>Devaloka Day</b> Sravana Adhika*Adi	
Until 2:24AM Fri	Then Creative Work - Siddha Yoga	<b>4</b>		<b>Friday, July 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Varyan Yoga Vanija/Visti* Karana Chaturthiyam Titau	
Until 5:24AM Sat	Then Routine Work - Marana Yoga	<b>Gulika</b> Yama	<b>6:32AM - 8:21AM</b> 3:40PM - 5:30PM	<b>Purvaphalguni Until 5:24AM Sat</b> Varyan Until 1:50AM Sat	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:42AM <b>Sunset:</b> 7:19PM	Moon 6 - Phase 14 - 17 3rd Phase
Then Routine Work - Marana Yoga		451316572	<b>Rahu</b> 10:11AM - 12:01PM	Vanija Until 8:41AM <b>Chaturthi* Until 9:53PM</b>	<b>Nataraja:</b> Yellow Moon - Red	<b>Devaloka Day</b> Sravana Adhika*Adi	
<b>5</b>		<b>Saturday, July 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Parigha* Yoga Bava/Balava Karana Panchamyam Titau		Norman, OK Sun 18 Sutra 97	
Simha Rasi: 26.57	Tithi 5	<b>Gulika</b> Yama	<b>4:43AM - 6:32AM</b> 1:50PM - 3:39PM	<b>Uttaraphalguni Until 8:03AM Sun</b> Parigha* Until 2:42AM Sun	<b>Ganesha:</b> White <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:43AM <b>Sunset:</b> 7:18PM	Moon 6 - Phase 14 - 18 3rd Phase
Routine Work	Marana Yoga	451416572	<b>Rahu</b> 8:22AM - 10:11AM	Bava Until 11:05AM <b>Panchami Until 12:12AM Sun</b>	<b>Nataraja:</b> Yellow Moon - Red	<b>Bhuloka Day</b> Sravana Adhika*Adi Devaloka Time: 3:PM to 6:PM	
Until 8:03AM Sun	Then Creative Work - Amrita Yoga	<b>6</b>		<b>Sunday, July 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Shiva Yoga Kaulava/Taitila Karana Shashthyam Titau	
Creative Work	Amrita Yoga	<b>Gulika</b> Yama	<b>3:39PM - 5:28PM</b> 12:01PM - 1:50PM	<b>Uttaraphalguni Until 8:03AM</b> Shiva Until 3:19AM Mon	<b>Ganesha:</b> White <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:44AM <b>Sunset:</b> 7:18PM	Moon 6 - Phase 14 - 19 3rd Phase
Creative Work	Amrita Yoga	451416572	<b>Rahu</b> 5:28PM - 7:18PM	Kaulava Until 1:16PM <b>Shashthi* Until 2:11AM Mon</b>	<b>Nataraja:</b> Yellow Moon - Red	<b>Bhuloka Day</b> Sravana Adhika*Adi Devaloka Time: 3:PM to 6:PM	
<b>Monday, July 24, 2023</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Siddha Yoga Gara/Vanija Karana Saptamyam Titau		Norman, OK Sun 20 Sutra 99	
Kanya Rasi: 20.57	Tithi 7	<b>Gulika</b> Yama	<b>1:50PM - 3:39PM</b> 10:12AM - 12:01PM	<b>Hasta Until 10:40AM</b> Siddha Until 3:30AM Tue	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:44AM <b>Sunset:</b> 7:17PM	Moon 6 - Phase 14 - 20 3rd Phase
<b>Family Home Evening</b>		462416572	<b>Rahu</b> 6:34AM - 8:23AM	Gara Until 3:00PM <b>Saptami Until 3:38AM Tue</b>	<b>Nataraja:</b> Yellow Moon - Green	<b>Sivaloka Day</b> Sravana Adhika*Adi	
Creative Work	Siddha Yoga	<b>Tuesday, July 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Sadhya Yoga Visti*/Bava Karana Ashtamyam Titau		Norman, OK Sun 21 Sutra 100	
Until 10:40AM	Then Routine Work - Prabalarishta Yoga	<b>Gulika</b> Yama	<b>12:01PM - 1:49PM</b> 8:23AM - 10:12AM	<b>Chitra Until 12:32PM</b> Sadhya Until 3:07AM Wed	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:45AM <b>Sunset:</b> 7:16PM	Moon 6 - Phase 14 - 21 Ashtami
Then Routine Work - Prabalarishta Yoga		462416572	<b>Rahu</b> 3:38PM - 5:27PM	Visti Until 4:07PM <b>Ashtami* Until 4:22AM Wed</b>	<b>Nataraja:</b> Yellow Moon - Green	<b>Sivaloka Day</b> Sravana Adhika*Adi	
<b>Wednesday, July 26, 2023</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Subha Yoga Balava/Kaulava Karana Navamyam Titau		Norman, OK Sun 22 Sutra 101	
Tula Rasi: 15.53	Tithi 9	<b>Gulika</b> Yama	<b>10:12AM - 12:01PM</b> 6:35AM - 8:23AM	<b>Svati Until 1:29PM</b> Subha Until 2:07AM Thu	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow	<b>Sunrise:</b> 4:46AM <b>Sunset:</b> 7:15PM	Moon 6 - Phase 14 - 22 Navami
Creative Work	Siddha Yoga	462416572	<b>Rahu</b> 12:01PM - 1:49PM	Balava Until 4:27PM <b>Navami* Until 4:16AM Thu</b>	<b>Nataraja:</b> Yellow Moon - Green	<b>Sivaloka Day</b> Sravana Adhika*Adi	

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

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<b>1 Thursday, July 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukla Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 102	
Tula Rasi: 28.55	Tithi 10	<b>Gulika</b> 8:24AM – 10:12AM	<b>Vishakha</b> Until 1:55PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:47AM	Sobhana 5125
		Yama 4:47AM – 6:36AM	Sukla Until 12:23AM Fri	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:14PM	Moon 6 - Phase 15 - 23
		472416572 <b>Rahu</b> 1:49PM – 3:37PM	Taitila Until 3:55PM	<b>Nataraja:</b> Yellow	4th Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 3:18AM Fri	Moon – Orange	<b>Devaloka Day</b>
				Sravana Adhika*Adi	

<b>2 Friday, July 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Brahma Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 103	
Vrischika Rasi: 12.25	Tithi 11	<b>Gulika</b> 6:36AM – 8:24AM	<b>Anuradha</b> Until 1:21PM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:48AM	Sobhana 5125
		Yama 3:37PM – 5:25PM	Brahma Until 9:59PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:13PM	Moon 6 - Phase 15 - 24
		472416572 <b>Rahu</b> 10:12AM – 12:01PM	Vanija Until 2:31PM	<b>Nataraja:</b> Yellow	4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi</b> Until 1:31AM Sat	Moon – Orange	<b>Devaloka Day</b>
Until 1:21PM				Sravana Adhika*Adi	
Then Routine Work - Marana Yoga					

<b>3 Saturday, July 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Indra Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 104	
Vrischika Rasi: 26.25	Tithi 12	<b>Gulika</b> 4:49AM – 6:37AM	<b>Jyeshtha*</b> Until 11:51AM	<b>Ganesha:</b> Clear <i>Sunrise:</i> 4:49AM	Sobhana 5125
		Yama 1:48PM – 3:36PM	Indra Until 6:59PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:12PM	Moon 6 - Phase 15 - 25
		472416572 <b>Rahu</b> 8:25AM – 10:13AM	Bava Until 12:21PM	<b>Nataraja:</b> Yellow	4th Phase
Creative Work	Siddha Yoga		<b>Dvadashi</b> Until 10:59PM	Moon – Orange	<b>Devaloka Day</b>
				Sravana Adhika*Adi	

<b>4 Sunday, July 30, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 105	
Dhanus Rasi: 10.53	Tithi 13	<b>Gulika</b> 3:36PM – 5:23PM	<b>Mula*</b> Until 9:58AM	<b>Ganesha:</b> White <i>Sunrise:</i> 4:50AM	Sobhana 5125
		Yama 12:01PM – 1:48PM	Vaidhriti* Until 3:27PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:11PM	Moon 6 - Phase 15 - 26
		482416572 <b>Rahu</b> 5:23PM – 7:11PM	Kaulava Until 9:31AM	<b>Nataraja:</b> Yellow	4th Phase
Creative Work	Amrita Yoga		<b>Trayodashi</b> Until 7:53PM	Moon – Light Blue	<b>Sivaloka Day</b>
Until 9:58AM				Sravana Adhika*Adi	
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata</i>		

<b>5 Monday, July 31, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vishkambha*/Priti* Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau		Sun 27 Sutra 106	
Dhanus Rasi: 25.46	Tithi 14 – 15	<b>Gulika</b> 1:48PM – 3:35PM	<b>Purvashadha*</b> Until 7:25AM	<b>Ganesha:</b> White <i>Sunrise:</i> 4:51AM	Sobhana 5125
<b>Family Home Evening</b>		Yama 10:13AM – 12:00PM	Vishkambha* Until 11:32AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:10PM	Moon 6 - Phase 15 - 27
		482416572 <b>Rahu</b> 6:38AM – 8:26AM	Gara Until 6:11AM	<b>Nataraja:</b> Yellow	4th Phase
Routine Work	Marana Yoga		<b>Chaturdashi*</b> Until 4:21PM	Moon – Light Blue	<b>Sivaloka Day</b>
				Sravana Adhika*Adi	

<b>○ Tuesday, August 1, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Shravana Nakshatra Priti/Ayushman Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Sun 27 Sutra 107	
<b>Copper Retreat Star</b>		<b>Gulika</b> 12:00PM – 1:48PM	<b>Shravana</b> Until 1:32AM Wed	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:52AM	Sobhana 5125
Makara Rasi: 10.54	Tithi 15 – 16	Yama 8:26AM – 10:13AM	Priti Until 7:23AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:09PM	Moon 6 - Phase 15 -
		492416572 <b>Rahu</b> 3:35PM – 5:22PM	Balava Until 10:39PM	<b>Nataraja:</b> Yellow	Purnima
Creative Work	Siddha Yoga		<b>Purnima*</b> Until 12:34PM	Moon – Purple	<b>Devaloka Day</b>
Until 1:32AM Wed				Sravana Adhika*Adi	
Then Routine Work - Prabalarishta Yoga					

<b>Wednesday, August 2, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam Dhanishtha Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Sun 27 Sutra 108	
<b>Silver Retreat Star</b>		<b>Gulika</b> 10:13AM – 12:00PM	<b>Dhanishtha</b> Until 10:32PM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 4:53AM	Sobhana 5125
Makara Rasi: 26.1	Tithi 16 – 17	Yama 6:40AM – 8:27AM	Saubhagya Until 10:53PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 7:08PM	Moon 6 - Phase 15 -
		492416572 <b>Rahu</b> 12:00PM – 1:47PM	Taitila Until 6:48PM	<b>Nataraja:</b> Yellow	Prathama
Routine Work	Prabalarishta Yoga		<b>Prathama*</b> Until 8:42AM	Moon – Purple	<b>Devaloka Day</b>
Until 10:32PM				Sravana Adhika*Adi	
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

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**Thursday, August 3, 2023**  
**Gold Retreat Star**

Kumbha Rasi: 11.22 Tithi 18  
 Creative Work Siddha Yoga

Gulika 8:27AM – 10:14AM  
 Yama 4:54AM – 6:40AM  
 Rahu 1:47PM – 3:34PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
 Shatabhishak Nakshatra Sobhana Yoga Vanija/Visti\* Karana Tritiyayam Titau

**Shatabhishak Until 7:37PM**  
 Sobhana Until 6:50PM  
 Vanija Until 3:08PM  
**Tritiya Until 1:24AM Fri**

Ganesha: Yellow Sunrise: 4:54AM  
 Muruga: Yellow Sunset: 7:07PM  
 Nataraja: Yellow  
 Moon – Purple  
**Sravana Adhika\*Adi**

Sun 1 Sutra 109  
 Sobhana 5125  
 Moon 7 - Phase 16 - 1  
 1st Phase

**Devaloka Day**

**1 Friday, August 4, 2023**

Kumbha Rasi: 26.21 Tithi 19  
 Creative Work Siddha Yoga

Gulika 6:41AM – 8:27AM  
 Yama 3:33PM – 5:19PM  
 Rahu 10:14AM – 12:00PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Purvaproshtapada\*/Uttaraproshtapada Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Chaturthayam Titau

**Purvaproshtapada\* Until 5:21PM**  
 Athiganda\* Until 3:04PM  
 Bava Until 11:48AM  
**Chaturthi\* Until 10:17PM**

Ganesha: Clear Sunrise: 4:55AM  
 Muruga: Yellow Sunset: 7:06PM  
 Nataraja: Yellow  
 Moon – Clear  
**Sravana Adhika\*Adi**

Sun 2 Sutra 110  
 Sobhana 5125  
 Moon 7 - Phase 16 - 2  
 1st Phase

**Devaloka Day**

**2 Saturday, August 5, 2023**

Meena Rasi: 10.59 Tithi 20  
 Creative Work Siddha Yoga  
 Until 3:28PM  
 Then Routine Work - Prabalarishta Yoga

Gulika 4:56AM – 6:42AM  
 Yama 1:46PM – 3:32PM  
 Rahu 8:28AM – 10:14AM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
 Uttaraproshtapada\*/Revati Nakshatra Sukarma/Dhriti Yoga Kaulava/Taitila Karana Panchamyam Titau

**Uttaraproshtapada Until 3:28PM**  
 Sukarma Until 11:45AM  
 Kaulava Until 8:57AM  
**Panchami Until 7:44PM**

Ganesha: Clear Sunrise: 4:56AM  
 Muruga: Yellow Sunset: 7:05PM  
 Nataraja: Yellow  
 Moon – Clear  
**Sravana Adhika\*Adi**

Sun 3 Sutra 111  
 Sobhana 5125  
 Moon 7 - Phase 16 - 3  
 1st Phase

**Devaloka Day**

**3 Sunday, August 6, 2023**

Meena Rasi: 25.13 Tithi 21 – 22  
 Creative Work Amrita Yoga  
 Until 2:05PM  
 Then Creative Work - Siddha Yoga

Gulika 3:32PM – 5:18PM  
 Yama 12:00PM – 1:46PM  
 Rahu 5:18PM – 7:03PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Revati/Ashvini Nakshatra Dhriti/Shula\* Yoga Gara/Visti\* Karana Shashthi/Saptamyam Titau

**Revati Until 2:05PM**  
 Dhriti Until 8:58AM  
 Gara Until 6:44AM  
**Shashthi\* Until 5:52PM**

Ganesha: White Sunrise: 4:56AM  
 Muruga: Yellow Sunset: 7:03PM  
 Nataraja: Yellow  
 Moon – Clear  
**Sravana Adhika\*Adi**

Sun 4 Sutra 112  
 Sobhana 5125  
 Moon 7 - Phase 16 - 4  
 1st Phase

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

**4 Monday, August 7, 2023**

Mesha Rasi: 8.59 Tithi 22 – 23  
**Family Home Evening**  
 Creative Work Siddha Yoga

Gulika 1:45PM – 3:31PM  
 Yama 10:14AM – 12:00PM  
 Rahu 6:43AM – 8:29AM

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

**Ashvini Until 1:44PM**  
 Shula\* Until 6:44AM  
 Balava Until 4:28AM Tue  
**Saptami Until 4:43PM**

Ganesha: Clear Sunrise: 4:57AM  
 Muruga: Yellow Sunset: 7:02PM  
 Nataraja: Yellow  
 Moon – White  
**Sravana Adhika\*Adi**

Sun 5 Sutra 113  
 Sobhana 5125  
 Moon 7 - Phase 16 - 5  
 1st Phase

**Devaloka Day**

**Retreat Star**

Mesha Rasi: 22.19 Tithi 23 – 24  
 Creative Work Siddha Yoga

Gulika 12:00PM – 1:45PM  
 Yama 8:29AM – 10:14AM  
 Rahu 3:30PM – 5:16PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Bharani/Krittika Nakshatra Vridhhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

**Bharani Until 1:59PM**  
 Vridhhi Until 4:08AM Wed  
 Taitila Until 4:27AM Wed  
**Ashtami\* Until 4:21PM**

Ganesha: Clear Sunrise: 4:58AM  
 Muruga: Yellow Sunset: 7:01PM  
 Nataraja: Yellow  
 Moon – White  
**Sravana Adhika\*Adi**

Sun 6 Sutra 114  
 Sobhana 5125  
 Moon 7 - Phase 16 - 6  
 Ashtami

**Devaloka Day**

**Retreat Star**

Vrishabha Rasi: 5.15 Tithi 24 – 25  
 Creative Work Amrita Yoga  
 Until 2:47PM  
 Then Creative Work - Siddha Yoga

Gulika 10:15AM – 12:00PM  
 Yama 6:44AM – 8:29AM  
 Rahu 12:00PM – 1:45PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
 Krittika/Rohini Nakshatra Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau

**Krittika Until 2:47PM**  
 Dhruva Until 3:38AM Thu  
 Vanija Until 5:06AM Thu  
**Navami\* Until 4:40PM**

Ganesha: Clear Sunrise: 4:59AM  
 Muruga: Yellow Sunset: 7:00PM  
 Nataraja: Yellow  
 Moon – White  
**Sravana Adhika\*Adi**

Sun 7 Sutra 115  
 Sobhana 5125  
 Moon 7 - Phase 16 - 7  
 Navami

**Devaloka Day**


<b>1</b>		<b>Thursday, August 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Rohini/Mrigashira Nakshatra Vyaghata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 8		Norman, OK Sutra 116	
Vrishabha Rasi: 17.53		Tithi 25 – 26		433416572		Gulika 8:30AM – 10:15AM		Rohini Until 4:30PM	
Routine Work		Marana Yoga		Yama 5:00AM – 6:45AM		Muruga: Yellow		Sunrise: 5:00AM Sunset: 6:59PM	
				Rahu 1:44PM – 3:29PM		Nataraja: Yellow		Moon 7 - Phase 17 - 8 2nd Phase	
						Moon – Yellow		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			

<b>2</b>		<b>Friday, August 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Harshana Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9		Norman, OK Sutra 117	
Mithuna Rasi: 0.16		Tithi 26		433416572		Gulika 6:46AM – 8:30AM		Mrigashira Until 6:33PM	
Creative Work		Siddha Yoga		Yama 3:28PM – 5:13PM		Muruga: Yellow		Sunrise: 5:01AM Sunset: 6:57PM	
				Rahu 10:15AM – 11:59AM		Nataraja: Yellow		Moon 7 - Phase 17 - 9 2nd Phase	
						Moon – Yellow		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			

<b>3</b>		<b>Saturday, August 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Ardra Nakshatra Vajra* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 10		Norman, OK Sutra 118	
Mithuna Rasi: 12.28		Tithi 27		433416572		Gulika 5:02AM – 6:46AM		Ardra Until 8:47PM	
Creative Work		Siddha Yoga		Yama 1:43PM – 3:28PM		Muruga: Yellow		Sunrise: 5:02AM Sunset: 6:56PM	
				Rahu 8:31AM – 10:15AM		Nataraja: Yellow		Moon 7 - Phase 17 - 10 2nd Phase	
						Moon – Yellow		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			

<b>4</b>		<b>Sunday, August 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Siddhi Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11		Norman, OK Sutra 119	
Mithuna Rasi: 24.32		Tithi 28		433416572		Gulika 3:27PM – 5:11PM		Punarvasu Until 11:36PM	
Creative Work		Siddha Yoga		Yama 11:59AM – 1:43PM		Muruga: Yellow		Sunrise: 5:03AM Sunset: 6:55PM	
				Rahu 5:11PM – 6:55PM		Nataraja: Yellow		Moon 7 - Phase 17 - 11 2nd Phase	
						Moon – Blue		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			
								Pradosha Vrata (Fasting)	

<b>5</b>		<b>Monday, August 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Pushya Nakshatra Vyatipata* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 12		Norman, OK Sutra 120	
Kataka Rasi: 6.31		Tithi 29		443416572		Gulika 1:42PM – 3:26PM		Pushya Until 2:26AM Tue	
Family Home Evening				Yama 10:15AM – 11:59AM		Muruga: Yellow		Sunrise: 5:04AM Sunset: 6:53PM	
Creative Work		Siddha Yoga		Rahu 6:48AM – 8:31AM		Nataraja: Yellow		Moon 7 - Phase 17 - 12 2nd Phase	
						Moon – Blue		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			

		<b>Tuesday, August 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Ashlesha* Nakshatra Vyatipata*/Variyan Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 13		Norman, OK Sutra 121	
Kataka Rasi: 18.25		Tithi 30		443416572		Gulika 11:59AM – 1:42PM		Ashlesha* Until 5:14AM Wed	
Creative Work		Siddha Yoga		Yama 8:32AM – 10:15AM		Muruga: Yellow		Sunrise: 5:05AM Sunset: 6:52PM	
				Rahu 3:25PM – 5:09PM		Nataraja: Yellow		Moon 7 - Phase 17 - 13 Amavasya	
						Moon – Blue		<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
						Sravana Adhika*Adi			

<b>Wednesday, August 16, 2023</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Magha* Nakshatra Variyan/Parigha* Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14		Norman, OK Sutra 122	
Simha Rasi: 0.17		Tithi 1		453516572		Gulika 10:15AM – 11:58AM		Magha* Until 8:24AM Thu	
Creative Work		Siddha Yoga		Yama 6:49AM – 8:32AM		Muruga: Yellow		Sunrise: 5:06AM Sunset: 6:51PM	
				Rahu 11:58AM – 1:41PM		Nataraja: Yellow		Moon 7 - Phase 17 - 14 Prathama	
						Moon – Red		<b>Devaloka Day</b>	
						Sravana*Adi			

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

<b>1</b>	<b>Thursday, August 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Parigha*/Shiva Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Sun 15	Sutra 123
	Simha Rasi: 12.08	Tithi 1 – 2	<b>Gulika</b> 8:33AM – 10:15AM Yama 5:07AM – 6:50AM <b>Rahu</b> 1:41PM – 3:24PM	<b>Magha* Until 8:24AM</b> Parigha* Until 7:55AM Balava Until 7:17PM <b>Prathama* Until 6:03AM</b>	<b>Ganesha:</b> Orange <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:07AM <b>Sunset:</b> 6:49PM	Moon 7 - Phase 18 - 15	3rd Phase
	Creative Work	Amrita Yoga					<b>Devaloka Day</b>	
Until 8:24AM		Then Creative Work - Siddha Yoga						

<b>2</b>	<b>Friday, August 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Sun 16	Sutra 124
	Simha Rasi: 23.59	Tithi 2 – 3	<b>Gulika</b> 6:51AM – 8:33AM Yama 3:23PM – 5:05PM <b>Rahu</b> 10:15AM – 11:58AM	<b>Purvaphalguni Until 11:23AM</b> Shiva Until 8:54AM Taitila Until 9:41PM <b>Dvitiya Until 8:29AM</b>	<b>Ganesha:</b> Orange <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:08AM <b>Sunset:</b> 6:48PM	Moon 7 - Phase 18 - 16	3rd Phase
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga								

<b>3</b>	<b>Saturday, August 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Siddha/Sadhyo Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Titau				Sun 17	Sutra 125
	Kanya Rasi: 5.53	Tithi 3 – 4	<b>Gulika</b> 5:09AM – 6:51AM Yama 1:40PM – 3:22PM <b>Rahu</b> 8:33AM – 10:15AM	<b>Uttaraphalguni Until 2:05PM</b> Siddha Until 9:45AM Vanija Until 11:54PM <b>Tritiya Until 10:48AM</b>	<b>Ganesha:</b> Orange <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Red <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:09AM <b>Sunset:</b> 6:46PM	Moon 7 - Phase 18 - 17	3rd Phase
	Routine Work	Marana Yoga					<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga								

<b>4</b>	<b>Sunday, August 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Sadhya/Subha Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Sun 18	Sutra 126
	Kanya Rasi: 17.52	Tithi 4 – 5	<b>Gulika</b> 3:21PM – 5:03PM Yama 11:57AM – 1:39PM <b>Rahu</b> 5:03PM – 6:45PM	<b>Hasta Until 4:51PM</b> Sadhya Until 10:26AM Bava Until 1:47AM Mon <b>Chaturthi* Until 12:52PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Green <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:10AM <b>Sunset:</b> 6:45PM	Moon 7 - Phase 18 - 18	3rd Phase
	Creative Work	Amrita Yoga	<b>Nag Panchami</b>				<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 4:51PM		Then Creative Work - Siddha Yoga						

<b>5</b>	<b>Monday, August 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Chitra Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Sun 19	Sutra 127
	Kanya Rasi: 29.59	Tithi 5 – 6	<b>Gulika</b> 1:39PM – 3:20PM Yama 10:16AM – 11:57AM <b>Rahu</b> 6:53AM – 8:34AM	<b>Chitra Until 7:02PM</b> Subha Until 10:50AM Kaulava Until 3:11AM Tue <b>Panchami Until 2:31PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Green <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:11AM <b>Sunset:</b> 6:43PM	Moon 7 - Phase 18 - 19	3rd Phase
	Family Home Evening	Prabalarishta Yoga					<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 7:02PM		Then Creative Work - Amrita Yoga						

<b>6</b>	<b>Tuesday, August 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Svati Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Sun 20	Sutra 128
	Tula Rasi: 12.2	Tithi 6 – 7	<b>Gulika</b> 11:57AM – 1:38PM Yama 8:34AM – 10:16AM <b>Rahu</b> 3:19PM – 5:01PM	<b>Svati Until 8:29PM</b> Sukla Until 10:48AM Gara Until 3:57AM Wed <b>Shashthi* Until 3:38PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Green <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:12AM <b>Sunset:</b> 6:42PM	Moon 7 - Phase 18 - 20	3rd Phase
	Creative Work	Siddha Yoga					<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 8:29PM		Then Routine Work - Marana Yoga						

<b>7</b>	<b>Wednesday, August 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Sun 21	Sutra 129
	Tula Rasi: 24.57	Tithi 7 – 8	<b>Gulika</b> 10:16AM – 11:57AM Yama 6:54AM – 8:35AM <b>Rahu</b> 11:57AM – 1:38PM	<b>Vishakha Until 9:34PM</b> Brahma Until 10:14AM Visti Until 3:58AM Thu <b>Saptami Until 4:02PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Orange <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:13AM <b>Sunset:</b> 6:40PM	Moon 7 - Phase 18 - 21	3rd Phase
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>	
Then Routine Work - Prabalarishta Yoga								

<b>8</b>	<b>Thursday, August 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha Nakshatra Indra/Vaidhriti* Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Sun 22	Sutra 130
	Vrischika Rasi: 7.56	Tithi 8 – 9	<b>Gulika</b> 8:35AM – 10:16AM Yama 5:14AM – 6:54AM <b>Rahu</b> 1:37PM – 3:18PM	<b>Anuradha Until 9:42PM</b> Indra Until 9:06AM Balava Until 3:12AM Fri <b>Ashtami* Until 3:40PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Orange <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:14AM <b>Sunset:</b> 6:39PM	Moon 7 - Phase 18 - 22	Ashtami
	Creative Work	Siddha Yoga					<b>Devaloka Day</b>	
Until 9:42PM		Then Routine Work - Prabalarishta Yoga						

<b>9</b>	<b>Friday, August 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha* Nakshatra Vaidhriti*/Vishkambha* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Sun 23	Sutra 131
	Vrischika Rasi: 21.2	Tithi 9 – 10	<b>Gulika</b> 6:55AM – 8:35AM Yama 3:17PM – 4:57PM <b>Rahu</b> 10:16AM – 11:56AM	<b>Jyeshtha* Until 8:55PM</b> Vaidhriti* Until 7:17AM Taitila Until 1:39AM Sat <b>Navami* Until 2:30PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> Yellow <b>Nataraja:</b> Yellow Moon – Orange <b>Sravana*Avani</b>	<b>Sunrise:</b> 5:15AM <b>Sunset:</b> 6:37PM	Moon 7 - Phase 18 - 23	Navami
	Routine Work	Marana Yoga	<b>Varalakshmi Vratam</b>				<b>Devaloka Day</b>	
Until 8:55PM		Then Creative Work - Amrita Yoga						

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

<b>1 Saturday, August 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Mula* Nakshatra Priti Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau		Sun 24 Sutra 132	
Dhanus Rasi: 5.13	Tithi 10 – 11	<b>Gulika</b> 5:16AM – 6:56AM	<b>Mula* Until 7:41PM</b>	<b>Ganesha:</b> White	Sunrise: 5:16AM
		Yama 1:36PM – 3:16PM	Priti Until 1:52AM Sun	<b>Muruga:</b> Yellow	Sunset: 6:36PM
		584516572 <b>Rahu</b> 8:36AM – 10:16AM	Vanija Until 11:22PM	<b>Nataraja:</b> Yellow	Moon 7 - Phase 19 - 24
Creative Work	Siddha Yoga		<b>Dashami Until 12:34PM</b>	Moon – Light Blue	4th Phase
				<b>Sravana*Avani</b>	<b>Bhuloka Day</b>
					Devaloka Time: 3:PM to 6:PM

<b>2 Sunday, August 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Ayushman Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 25 Sutra 133	
Dhanus Rasi: 19.32	Tithi 11 – 12	<b>Gulika</b> 3:15PM – 4:55PM	<b>Purvashadha* Until 5:40PM</b>	<b>Ganesha:</b> White	Sunrise: 5:17AM
		Yama 11:56AM – 1:35PM	Ayushman Until 10:21PM	<b>Muruga:</b> Yellow	Sunset: 6:34PM
		584516572 <b>Rahu</b> 4:55PM – 6:34PM	Bava Until 8:28PM	<b>Nataraja:</b> Yellow	Moon 7 - Phase 19 - 25
Creative Work	Siddha Yoga		<b>Ekadashi Until 9:58AM</b>	Moon – Light Blue	4th Phase
Until 5:40PM				<b>Sravana*Avani</b>	<b>Bhuloka Day</b>
Then Creative Work - Amrita Yoga					Devaloka Time: 3:PM to 6:PM

<b>3 Monday, August 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Saubhagya Yoga Balava/Taitila Karana Dvadashi/Trayodashyam Titau		Sun 26 Sutra 134	
Makara Rasi: 4.16	Tithi 12 – 13	<b>Gulika</b> 1:35PM – 3:14PM	<b>Uttarashadha Until 3:02PM</b>	<b>Ganesha:</b> White	Sunrise: 5:18AM
<b>Family Home Evening</b>		Yama 10:16AM – 11:55AM	Saubhagya Until 6:28PM	<b>Muruga:</b> Yellow	Sunset: 6:33PM
		584516573 <b>Rahu</b> 6:57AM – 8:36AM	Taitila Until 3:17AM Tue	<b>Nataraja:</b> White	Moon 7 - Phase 19 - 26
Routine Work	Marana Yoga		<b>Dvadashi Until 6:49AM</b>	Moon – Light Blue	4th Phase
Until 3:02PM				<b>Sravana*Avani</b>	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					

<b>4 Tuesday, August 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sobhana/Athiganda* Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 135	
Makara Rasi: 19.19	Tithi 14	<b>Gulika</b> 11:55AM – 1:34PM	<b>Shravana Until 12:19PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 5:19AM
		Yama 8:37AM – 10:16AM	Sobhana Until 2:20PM	<b>Muruga:</b> Yellow	Sunset: 6:31PM
		594516573 <b>Rahu</b> 3:13PM – 4:52PM	Gara Until 1:26PM	<b>Nataraja:</b> White	Moon 7 - Phase 19 - 27
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 11:30PM</b>	Moon – Purple	4th Phase
		<b>Chidambaram Abhishekam</b>		<b>Sravana*Avani</b>	<b>Sivaloka Day</b>

<b>Wednesday, August 30, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Athiganda*/Sukarma Yoga Visti*/Bava Karana Purnimayam Titau		Norman, OK Sutra 136	
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:16AM – 11:55AM	<b>Dhanishtha Until 9:19AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 5:20AM
Kumbha Rasi: 4.33	Tithi 15	Yama 6:58AM – 8:37AM	Athiganda* Until 10:04AM	<b>Muruga:</b> Yellow	Sunset: 6:30PM
		594516573 <b>Rahu</b> 11:55AM – 1:33PM	Visti Until 9:36AM	<b>Nataraja:</b> White	Moon 7 - Phase 19 - Purnima
Routine Work	Prabalarishta Yoga		<b>Purnima* Until 7:40PM</b>	Moon – Purple	
Until 9:19AM		<b>Raksha Bandhan</b>		<b>Sravana*Avani</b>	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					

<b>Thursday, August 31, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Dhriti Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau		Norman, OK Sutra 137	
<b>Silver Retreat Star</b>		<b>Gulika</b> 8:37AM – 10:16AM	<b>Shatabhishak Until 6:11AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 5:21AM
Kumbha Rasi: 19.47	Tithi 16 – 17	Yama 5:21AM – 6:59AM	Dhriti Until 1:44AM Fri	<b>Muruga:</b> Yellow	Sunset: 6:28PM
		594516573 <b>Rahu</b> 1:33PM – 3:11PM	Taitila Until 2:10AM Fri	<b>Nataraja:</b> White	Moon 7 - Phase 19 - Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 3:55PM</b>	Moon – Purple	
				<b>Sravana*Avani</b>	<b>Sivaloka Day</b>

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





Friday, September 1, 2023

Gold Retreat Star

Meena Rasi: 4.52 Tithi 17 - 18

514516573

Gulika

7:00AM - 8:38AM

Yama

3:10PM - 4:48PM

Rahu

10:16AM - 11:54AM

Creative Work Siddha Yoga

Until 1:05AM Sat

Then Routine Work - Prabalarishta Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraproshtapada Nakshatra Shula\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Sun 1 Sutra 138

Sobhana 5125

Moon 8 - Phase 20 - 1

1st Phase

Ganesha: Yellow Sunrise: 5:22AM

Muruga: Yellow Sunset: 6:27PM

Nataraja: White

Moon - Clear

Sivaloka Day

Sravana\*Avani

Saturday, September 2, 2023

Meena Rasi: 19.39 Tithi 18 - 19

515516573

Gulika

5:22AM - 7:00AM

Yama

1:32PM - 3:09PM

Rahu

8:38AM - 10:16AM

Routine Work Prabalarishta Yoga

Until 11:02PM

Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam  
Revati Nakshatra Ganda\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Sun 2 Sutra 139

Sobhana 5125

Moon 8 - Phase 20 - 2

1st Phase

Ganesha: Red Sunrise: 5:22AM

Muruga: Yellow Sunset: 6:25PM

Nataraja: White

Moon - Clear

Sivaloka Day

Sravana\*Avani

Sunday, September 3, 2023

Mesha Rasi: 4.02 Tithi 19 - 20

525516573

Gulika

3:08PM - 4:46PM

Yama

11:53AM - 1:31PM

Rahu

4:46PM - 6:23PM

Creative Work Siddha Yoga

Until 9:56PM

Then Routine Work - Prabalarishta Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ashvini Nakshatra Vriddhi/Dhruva Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Sun 3 Sutra 140

Sobhana 5125

Moon 8 - Phase 20 - 3

1st Phase

Ganesha: Green Sunrise: 5:23AM

Muruga: Yellow Sunset: 6:23PM

Nataraja: White

Moon - White

Devaloka Day

Sravana\*Avani

Monday, September 4, 2023

Mesha Rasi: 17.56 Tithi 21

525516573

Family Home Evening

Creative Work Siddha Yoga

Until 9:28PM

Then Routine Work - Marana Yoga

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

Sun 4 Sutra 141

Sobhana 5125

Moon 8 - Phase 20 - 4

1st Phase

Ganesha: Green Sunrise: 5:24AM

Muruga: Yellow Sunset: 6:22PM

Nataraja: White

Moon - White

Devaloka Day

Sravana\*Avani

Tuesday, September 5, 2023

Vrishabha Rasi: 1.23 Tithi 22

525516573

Creative Work Siddha Yoga

Until 9:38PM

Then Creative Work - Amrita Yoga

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

Sun 5 Sutra 142

Sobhana 5125

Moon 8 - Phase 20 - 5

1st Phase

Ganesha: Green Sunrise: 5:25AM

Muruga: Yellow Sunset: 6:20PM

Nataraja: White

Moon - White

Devaloka Day

Sravana\*Avani

Wednesday, September 6, 2023

Retreat Star

Vrishabha Rasi: 14.23 Tithi 23

535516573

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam  
Rohini Nakshatra Harshana/Vajra\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Sun 6 Sutra 143

Sobhana 5125

Moon 8 - Phase 20 - 6

Ashtami

Ganesha: Orange Sunrise: 5:26AM

Muruga: Yellow Sunset: 6:18PM

Nataraja: White

Moon - Yellow

Sivaloka Day

Sravana\*Avani

Thursday, September 7, 2023

Retreat Star

Vrishabha Rasi: 27.02 Tithi 24

535516573

Routine Work Marana Yoga

Until 12:40AM Fri

Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Mrigashira Nakshatra Vajra\*/Siddhi Yoga Taitila/Gara Karana Navamyam Titau

Sun 7 Sutra 144

Sobhana 5125

Moon 8 - Phase 20 - 7

Navami

Ganesha: Orange Sunrise: 5:27AM

Muruga: Yellow Sunset: 6:17PM

Nataraja: White

Moon - Yellow

Sivaloka Day

Sravana\*Avani

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

All times are standard time. Calculated for Norman, OK on 11/20/21

www.gurudeva.org/panchang

<b>1 Friday, September 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Ardra Nakshatra Siddhi/Vyatipata* Yoga Gara/Vanija Karana Navami/Dasham Yam Titau		Norman, OK Sun 8 Sutra 145	
Mithuna Rasi: 9.23	Tithi 24 – 25	<b>Gulika</b> 7:04AM – 8:40AM	<b>Ardra Until 2:47AM Sat</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 5:28AM	Sobhana 5125
		Yama 3:03PM – 4:39PM	Siddhi Until 10:37AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:15PM	Moon 8 - Phase 21 - 8
	535516573	<b>Rahu</b> 10:16AM – 11:52AM	Vanija Until 6:55PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Navami* Until 6:03AM</b>	Moon – Yellow	<b>Sivaloka Day</b>
				<b>Sravana*Avani</b>	

<b>2 Saturday, September 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Punarvasu Nakshatra Vyatipata*/Varyan Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Norman, OK Sun 9 Sutra 146	
Mithuna Rasi: 21.31	Tithi 25 – 26	<b>Gulika</b> 5:29AM – 7:05AM	<b>Punarvasu Until 5:37AM Sun</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:29AM	Sobhana 5125
		Yama 1:27PM – 3:02PM	Vyatipata* Until 11:06AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:14PM	Moon 8 - Phase 21 - 9
	545516573	<b>Rahu</b> 8:40AM – 10:16AM	Bava Until 8:55PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dashami Until 7:51AM</b>	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana*Avani</b>	

<b>3 Sunday, September 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Varyan/Parigha* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Norman, OK Sun 10 Sutra 147	
Kataka Rasi: 3.31	Tithi 26 – 27	<b>Gulika</b> 3:01PM – 4:37PM	<b>Pushya Until 8:29AM Mon</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:30AM	Sobhana 5125
		Yama 11:51AM – 1:26PM	Varyan Until 11:48AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:12PM	Moon 8 - Phase 21 - 10
	545616573	<b>Rahu</b> 4:37PM – 6:12PM	Kaulava Until 11:11PM	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 10:00AM</b>	Moon – Blue	<b>Devaloka Day</b>
		<b>Grandparent's Day</b>		<b>Sravana*Avani</b>	

<b>4 Monday, September 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Norman, OK Sun 11 Sutra 148	
Kataka Rasi: 15.25	Tithi 27 – 28	<b>Gulika</b> 1:26PM – 3:00PM	<b>Pushya Until 8:29AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:31AM	Sobhana 5125
<b>Family Home Evening</b>		Yama 10:16AM – 11:51AM	Parigha* Until 12:41PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:10PM	Moon 8 - Phase 21 - 11
	546616573	<b>Rahu</b> 7:06AM – 8:41AM	Gara Until 1:37AM Tue	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi* Until 12:22PM</b>	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana*Avani</b>	
			<i>Pradosha Vrata (Fasting)</i>		

<b>5 Tuesday, September 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Ashlesha*/Magha* Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Norman, OK Sun 12 Sutra 149	
Kataka Rasi: 27.17	Tithi 28 – 29	<b>Gulika</b> 11:50AM – 1:25PM	<b>Ashlesha* Until 11:18AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 5:32AM	Sobhana 5125
		Yama 8:41AM – 10:16AM	Shiva Until 1:38PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:09PM	Moon 8 - Phase 21 - 12
	546616573	<b>Rahu</b> 2:59PM – 4:34PM	Visti Until 4:04AM Wed	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 2:49PM</b>	Moon – Blue	<b>Devaloka Day</b>
				<b>Sravana*Avani</b>	

<b>6 Wednesday, September 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Siddha/Sadhya Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Norman, OK Sun 13 Sutra 150	
Simha Rasi: 9.09	Tithi 29 – 30	<b>Gulika</b> 10:16AM – 11:50AM	<b>Magha* Until 2:26PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:33AM	Sobhana 5125
		Yama 7:07AM – 8:41AM	Siddha Until 2:33PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:07PM	Moon 8 - Phase 21 - 13
	556616573	<b>Rahu</b> 11:50AM – 1:24PM	Catuspada Until 6:28AM Thu	<b>Nataraja:</b> White	2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 5:16PM</b>	Moon – Red	<b>Devaloka Day</b>
Until 2:26PM				<b>Sravana*Avani</b>	
Then Creative Work - Amrita Yoga					

<b>Thursday, September 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Sadhya/Subha Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Norman, OK Sun 14 Sutra 151	
<b>Retreat Star</b>		<b>Gulika</b> 8:42AM – 10:16AM	<b>Purvaphalguni Until 5:20PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:34AM	Sobhana 5125
Simha Rasi: 21.02	Tithi 30	Yama 5:34AM – 7:08AM	Sadhya Until 3:24PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:05PM	Moon 8 - Phase 21 - 14
	556616573	<b>Rahu</b> 1:24PM – 2:57PM	Catuspada Until 6:28AM	<b>Nataraja:</b> White	Amavasya
Creative Work	Siddha Yoga		<b>Amavasya* Until 7:36PM</b>	Moon – Red	<b>Devaloka Day</b>
				<b>Sravana*Avani</b>	

<b>Friday, September 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraphalguni Nakshatra Subha/Sukla Yoga Kintughna*/Bava Karana Prathamayam Titau		Norman, OK Sun 15 Sutra 152	
<b>Retreat Star</b>		<b>Gulika</b> 7:08AM – 8:42AM	<b>Uttaraphalguni Until 7:53PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 5:35AM	Sobhana 5125
Kanya Rasi: 2.58	Tithi 1	Yama 2:56PM – 4:30PM	Subha Until 4:09PM	<b>Muruga:</b> White <i>Sunset:</i> 6:04PM	Moon 8 - Phase 21 - 15
	556626573	<b>Rahu</b> 10:16AM – 11:49AM	Kintughna Until 8:44AM	<b>Nataraja:</b> White	Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 9:45PM</b>	Moon – Red	<b>Sivaloka Day</b>
Until 7:53PM				<b>Bhadrapada*Avani</b>	
Then Creative Work - Amrita Yoga					

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

**1 Saturday, September 16, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam  
 Hasta Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Dvitiyayam Titau Sun 16 Sutra 153  
 Kanya Rasi: 14.59 Tithi 2 **Gulika 5:36AM – 7:09AM** **Hasta Until 10:30PM** **Ganesha:** Light Blue *Sunrise:* 5:36AM Sobhana 5125  
 566626573 **Rahu 8:42AM – 10:16AM** Sukla Until 4:39PM **Muruga:** White *Sunset:* 6:02PM Moon 8 - Phase 22 - 16  
 Routine Work Marana Yoga **Nataraja:** White 3rd Phase  
 Moon – Green **Sivaloka Day**  
**Bhadrapada\*Avani**

**2 Sunday, September 17, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam  
 Chitra Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Tritiyayam Titau Sun 17 Sutra 154  
 Kanya Rasi: 27.08 Tithi 3 **Gulika 2:54PM – 4:27PM** **Chitra Until 12:37AM Mon** **Ganesha:** Light Blue *Sunrise:* 5:37AM Sobhana 5125  
 566626573 **Rahu 4:27PM – 6:00PM** Brahma Until 4:56PM **Muruga:** White *Sunset:* 6:00PM Moon 8 - Phase 22 - 17  
 Creative Work Siddha Yoga **Nataraja:** White 3rd Phase  
 Until 12:37AM Mon **Taitila Until 12:28PM** **Sivaloka Day**  
 Then Creative Work - Amrita Yoga **Tritiya Until 1:09AM Mon** **Bhadrapada\*Puratasi**

**3 Monday, September 18, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam  
 Svati Nakshatra Indra/Vaidhriti\* Yoga Vanija/Visti\* Karana Chaturthyam Titau Sun 18 Sutra 155  
 Tula Rasi: 9.26 Tithi 4 **Gulika 1:21PM – 2:53PM** **Svati Until 2:08AM Tue** **Ganesha:** Purple *Sunrise:* 5:38AM Sobhana 5125  
**Family Home Evening** 567626573 **Rahu 7:10AM – 8:43AM** Indra Until 4:53PM **Muruga:** White *Sunset:* 5:59PM Moon 8 - Phase 22 - 18  
 Creative Work Amrita Yoga **Nataraja:** White 3rd Phase  
 Until 2:08AM Tue **Ganesha Chaturthi** **Chaturthi\* Until 2:14AM Tue** **Sivaloka Day**  
 Then Routine Work - Marana Yoga **Bhadrapada\*Puratasi**

**4 Tuesday, September 19, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam  
 Vishakha Nakshatra Vaidhriti\*Vishkambha\* Yoga Bava/Balava Karana Panchamyam Titau Sun 19 Sutra 156  
 Tula Rasi: 21.56 Tithi 5 **Gulika 11:48AM – 1:20PM** **Vishakha Until 3:28AM Wed** **Ganesha:** Clear *Sunrise:* 5:39AM Sobhana 5125  
 577626573 **Rahu 2:52PM – 4:25PM** Vaidhriti\* Until 4:26PM **Muruga:** White *Sunset:* 5:57PM Moon 8 - Phase 22 - 19  
 Routine Work Marana Yoga **Nataraja:** White 3rd Phase  
 Until 3:28AM Wed **Bava Until 2:36PM** **Subha Sivaloka Day**  
 Then Creative Work - Siddha Yoga **Panchami Until 2:47AM Wed** **Bhadrapada\*Puratasi**

**5 Wednesday, September 20, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam  
 Anuradha Nakshatra Vishkambha\*/Priti Yoga Kaulava/Taitila Karana Shashthyam Titau Sun 20 Sutra 157  
 Vrishchika Rasi: 4.41 Tithi 6 **Gulika 10:16AM – 11:47AM** **Anuradha Until 4:04AM Thu** **Ganesha:** Clear *Sunrise:* 5:40AM Sobhana 5125  
 577626573 **Rahu 11:47AM – 1:19PM** Vishkambha\* Until 3:34PM **Muruga:** White *Sunset:* 5:55PM Moon 8 - Phase 22 - 20  
 Creative Work Siddha Yoga **Nataraja:** White 3rd Phase  
 Until 4:04AM Thu **Kaulava Until 2:52PM** **Subha Sivaloka Day**  
 Then Routine Work - Prabalarishta Yoga **Shashthi\* Until 2:45AM Thu** **Bhadrapada\*Puratasi**

**6 Thursday, September 21, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam  
 Jyeshtha\* Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Saptamyam Titau Sun 21 Sutra 158  
 Vrishchika Rasi: 17.43 Tithi 7 **Gulika 8:44AM – 10:16AM** **Jyeshtha\* Until 3:54AM Fri** **Ganesha:** Clear *Sunrise:* 5:41AM Sobhana 5125  
 577626573 **Rahu 1:19PM – 2:50PM** Priti Until 2:13PM **Muruga:** White *Sunset:* 5:54PM Moon 8 - Phase 22 - 21  
 Routine Work Prabalarishta Yoga **Nataraja:** White 3rd Phase  
 Until 3:54AM Fri **Gara Until 2:31PM** **Subha Sivaloka Day**  
 Then Creative Work - Amrita Yoga **Saptami Until 2:05AM Fri** **Bhadrapada\*Puratasi**

**Friday, September 22, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam  
**Retreat Star** Mula\* Nakshatra Ayushman/Saubhagya Yoga Visti\*/Bava Karana Ashtamyam Titau Sun 22 Sutra 159  
 Dhanus Rasi: 1.05 Tithi 8 **Gulika 7:13AM – 8:44AM** **Mula\* Until 3:24AM Sat** **Ganesha:** White *Sunrise:* 5:42AM Sobhana 5125  
 587626573 **Rahu 10:15AM – 11:47AM** Ayushman Until 12:20PM **Muruga:** White *Sunset:* 5:52PM Moon 8 - Phase 22 - 22  
 Creative Work Amrita Yoga **Nataraja:** White Ashtami  
 Until 3:24AM Sat **Visti Until 1:32PM** **Sivaloka Day**  
 Then Creative Work - Siddha Yoga **Ashtami\* Until 12:47AM Sat** **Bhadrapada\*Puratasi**


**Saturday, September 23, 2023** Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam  
**Retreat Star** Purvashadha\* Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Navamyam Titau Sun 23 Sutra 160  
 Dhanus Rasi: 14.49 Tithi 9 **Gulika 5:43AM – 7:14AM** **Purvashadha\* Until 2:10AM Sun** **Ganesha:** White *Sunrise:* 5:43AM Sobhana 5125  
 587626573 **Rahu 8:45AM – 10:15AM** Saubhagya Until 9:58AM **Muruga:** White *Sunset:* 5:50PM Moon 8 - Phase 22 - 23  
 Creative Work Siddha Yoga **Nataraja:** White Navami  
 Until 2:10AM Sun **Balava Until 11:55AM** **Sivaloka Day**  
 Then Creative Work - Amrita Yoga **Navami\* Until 10:52PM** **Bhadrapada\*Puratasi**

<b>1</b>	<b>Sunday, September 24, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha Nakshatra Sobhana/Atthiganda* Yoga Taitila/Gara Karana Dashamyam Titau	Sun 24	Norman, OK Sutra 161
	Dhanus Rasi: 28.56	Tithi 10	<b>Gulika 2:47PM – 4:18PM</b>	<b>Uttarashadha Until 12:15AM Mon</b>
		587626573	<b>Rahu 4:18PM – 5:49PM</b>	<b>Ganesha: White</b> Sunrise: 5:44AM <b>Muruga: White</b> Sunset: 5:49PM <b>Nataraja: White</b> Moon – Light Blue
	Creative Work	Amrita Yoga		<b>Sivaloka Day</b> Bhadrapada*Puratasi

<b>2</b>	<b>Monday, September 25, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Shravana Nakshatra Sukarma Yoga Vanija/Bava Karana Ekadashi/Dvadashyam Titau	Sun 25	Norman, OK Sutra 162
	Makara Rasi: 13.24	Tithi 11 – 12	<b>Gulika 1:16PM – 2:46PM</b>	<b>Shravana Until 10:11PM</b>
	<b>Family Home Evening</b>	598626573	<b>Rahu 7:15AM – 8:45AM</b>	<b>Ganesha: White</b> Sunrise: 5:45AM <b>Muruga: White</b> Sunset: 5:47PM <b>Nataraja: White</b> Moon – Purple
	Creative Work	Amrita Yoga		<b>Subha Subha Sivaloka Day</b> Bhadrapada*Puratasi

<b>3</b>	<b>Tuesday, September 26, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha Nakshatra Dhriti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau	Sun 26	Norman, OK Sutra 163
	Makara Rasi: 28.09	Tithi 12 – 13	<b>Gulika 11:45AM – 1:15PM</b>	<b>Dhanishtha Until 7:41PM</b>
		598626573	<b>Rahu 2:45PM – 4:15PM</b>	<b>Ganesha: White</b> Sunrise: 5:46AM <b>Muruga: White</b> Sunset: 5:45PM <b>Nataraja: White</b> Moon – Purple
	Creative Work	Siddha Yoga		<b>Subha Subha Sivaloka Day</b> Bhadrapada*Puratasi

<b>4</b>	<b>Wednesday, September 27, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau	Sun 27	Norman, OK Sutra 164
	Kumbha Rasi: 13.06	Tithi 13 – 14	<b>Gulika 10:15AM – 11:45AM</b>	<b>Shatabhishak Until 4:53PM</b>
		598626573	<b>Rahu 11:45AM – 1:15PM</b>	<b>Ganesha: White</b> Sunrise: 5:47AM <b>Muruga: White</b> Sunset: 5:44PM <b>Nataraja: White</b> Moon – Purple
	Creative Work	Siddha Yoga		<b>Subha Subha Sivaloka Day</b> Bhadrapada*Puratasi

	<b>Thursday, September 28, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Ganda*/Vridhi Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Titau		Norman, OK Sutra 165
	Kumbha Rasi: 28.07	Tithi 14 – 15	<b>Gulika 8:46AM – 10:15AM</b>	<b>Purvaproshtapada* Until 2:21PM</b>
		618626573	<b>Rahu 1:14PM – 2:43PM</b>	<b>Ganesha: Yellow</b> Sunrise: 5:48AM <b>Muruga: White</b> Sunset: 5:42PM <b>Nataraja: White</b> Moon – Clear
	Creative Work	Siddha Yoga		<b>Subha Sivaloka Day</b> Bhadrapada*Puratasi

	<b>Friday, September 29, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Vridhi/Dhruva Yoga Balava/Kaulava Karana Prathamayam Titau		Norman, OK Sutra 166
	Meena Rasi: 13.03	Tithi 16	<b>Gulika 7:17AM – 8:46AM</b>	<b>Uttaraproshtapada Until 11:50AM</b>
		618626573	<b>Rahu 10:15AM – 11:44AM</b>	<b>Ganesha: Yellow</b> Sunrise: 5:49AM <b>Muruga: White</b> Sunset: 5:40PM <b>Nataraja: White</b> Moon – Clear
	Creative Work	Siddha Yoga		<b>Subha Sivaloka Day</b> Bhadrapada*Puratasi

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

All times are standard time. Calculated for Norman, OK on 11/20/21

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**Saturday, September 30, 2023**  
**Gold Retreat Star**

Meena Rasi: 27.46 Tithi 17  
 Routine Work Prabalarishta Yoga  
 Until 9:31AM  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
 Revati/Ashvini Nakshatra Vyaghata\* Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika 5:49AM – 7:18AM**  
 Yama 1:13PM – 2:41PM  
**Rahu 8:47AM – 10:15AM**  
**Revati Until 9:31AM**  
 Vyaghata\* Until 1:43AM Sun  
 Taitila Until 11:32AM  
**Dvitiya Until 10:14PM**

**Ganesha:** Yellow *Sunrise: 5:49AM*  
**Muruga:** White *Sunset: 5:39PM* Moon 9 - Phase 24 - 1st Phase  
**Nataraja:** White  
 Moon – Clear  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**1 Sunday, October 1, 2023**

Mesha Rasi: 12.1 Tithi 18  
 Creative Work Siddha Yoga  
 Until 7:57AM  
 Then Routine Work - Prabalarishta Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Ashvini/Bharani Nakshatra Harshana Yoga Vanija/Visti\* Karana Tritiyayam Titau  
**Gulika 2:40PM – 4:09PM**  
 Yama 11:44AM – 1:12PM  
**Rahu 4:09PM – 5:37PM**  
**Ashvini Until 7:57AM**  
 Harshana Until 10:58PM  
 Vanija Until 9:07AM  
**Tritiya Until 8:07PM**

**Ganesha:** Clear *Sunrise: 5:50AM*  
**Muruga:** White *Sunset: 5:37PM* Moon 9 - Phase 24 - 1st Phase  
**Nataraja:** White  
 Moon – White  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**2 Monday, October 2, 2023**

Mesha Rasi: 26.09 Tithi 19  
**Family Home Evening**  
 Creative Work Siddha Yoga  
 Until 6:53AM  
 Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
 Bharani/Krittika Nakshatra Vajra\* Yoga Bava/Balava Karana Chaturthyam Titau  
**Gulika 1:11PM – 2:39PM**  
 Yama 10:15AM – 11:43AM  
**Rahu 7:19AM – 8:47AM**  
**Bharani Until 6:53AM**  
 Vajra\* Until 8:45PM  
 Bava Until 7:20AM  
**Chaturthi\* Until 6:42PM**

**Ganesha:** Clear *Sunrise: 5:51AM*  
**Muruga:** White *Sunset: 5:35PM* Moon 9 - Phase 24 - 2 1st Phase  
**Nataraja:** White  
 Moon – White  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**3 Tuesday, October 3, 2023**

Vrishabha Rasi: 9.41 Tithi 20  
 Creative Work Siddha Yoga  
 Until 6:23AM  
 Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Krittika/Rohini Nakshatra Siddhi Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika 11:43AM – 1:11PM**  
 Yama 8:48AM – 10:15AM  
**Rahu 2:38PM – 4:06PM**  
**Krittika Until 6:23AM**  
 Siddhi Until 7:10PM  
 Kaulava Until 6:17AM  
**Panchami Until 6:03PM**

**Ganesha:** Clear *Sunrise: 5:52AM*  
**Muruga:** White *Sunset: 5:34PM* Moon 9 - Phase 24 - 3 1st Phase  
**Nataraja:** White  
 Moon – White  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**4 Wednesday, October 4, 2023**

Vrishabha Rasi: 22.48 Tithi 21  
 Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
 Rohini/Mrigashira Nakshatra Vyatipata\* Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika 10:15AM – 11:43AM**  
 Yama 7:21AM – 8:48AM  
**Rahu 11:43AM – 1:10PM**  
**Rohini Until 6:58AM**  
 Vyatipata\* Until 6:14PM  
 Gara Until 6:03AM  
**Shashthi\* Until 6:12PM**

**Ganesha:** Purple *Sunrise: 5:53AM*  
**Muruga:** White *Sunset: 5:32PM* Moon 9 - Phase 24 - 4 1st Phase  
**Nataraja:** White  
 Moon – Yellow  
**Sivaloka Day**  
**Bhadrapada\*Puratasi**

**5 Thursday, October 5, 2023**

Mithuna Rasi: 5.31 Tithi 22  
 Routine Work Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
 Mrigashira/Ardra Nakshatra Variyan/Parigha\* Yoga Visti\*/Bava Karana Saptamyam Titau  
**Gulika 8:48AM – 10:15AM**  
 Yama 5:55AM – 7:21AM  
**Rahu 1:09PM – 2:36PM**  
**Mrigashira Until 8:10AM**  
 Variyan Until 5:52PM  
 Visti Until 6:36AM  
**Saptami Until 7:07PM**

**Ganesha:** Clear *Sunrise: 5:55AM*  
**Muruga:** White *Sunset: 5:30PM* Moon 9 - Phase 24 - 5 1st Phase  
**Nataraja:** White  
 Moon – Yellow  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**Friday, October 6, 2023**  
**Retreat Star**

Mithuna Rasi: 17.55 Tithi 23  
 Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Ardra/Punarvasu Nakshatra Parigha\* Yoga Balava/Kaulava Karana Ashtamyam Titau  
**Gulika 7:22AM – 8:49AM**  
 Yama 2:35PM – 4:02PM  
**Rahu 10:16AM – 11:42AM**  
**Ardra Until 9:53AM**  
 Parigha\* Until 6:00PM  
 Balava Until 7:51AM  
**Ashtami\* Until 8:42PM**

**Ganesha:** Clear *Sunrise: 5:56AM*  
**Muruga:** White *Sunset: 5:29PM* Moon 9 - Phase 24 - 6 Ashtami  
**Nataraja:** White  
 Moon – Yellow  
**Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**Saturday, October 7, 2023**  
**Retreat Star**

Kataka Rasi: 0.05 Tithi 24  
 Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
 Punarvasu/Pushya Nakshatra Shiva Yoga Taitila/Gara Karana Navamyam Titau  
**Gulika 5:57AM – 7:23AM**  
 Yama 1:08PM – 2:35PM  
**Rahu 8:49AM – 10:16AM**  
**Punarvasu Until 12:28PM**  
 Shiva Until 6:33PM  
 Taitila Until 9:42AM  
**Navami\* Until 10:45PM**

**Ganesha:** Purple *Sunrise: 5:57AM*  
**Muruga:** White *Sunset: 5:27PM* Moon 9 - Phase 24 - 7 Navami  
**Nataraja:** White  
 Moon – Blue  
**Subha Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**


<b>1</b>	<b>Sunday, October 8, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam							Norman, OK
		Pushya/Ashlesha* Nakshatra Siddha Yoga Vanija/Visti* Karana Dashamyam Titau							Sutra 175
	Kataka Rasi: 12.04	Tithi 25	<b>Gulika</b> 2:34PM – 4:00PM	<b>Pushya Until 3:14PM</b>	<b>Ganesh:</b> Purple	<i>Sunrise:</i> 5:58AM			Sobhana 5125
	Creative Work	Siddha Yoga	Yama 11:42AM – 1:08PM	Siddha Until 7:19PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:26PM			Moon 9 - Phase 25 - 8
		649726574 <b>Rahu</b> 4:00PM – 5:26PM	Vanija Until 11:56AM	<b>Nataraja:</b> Clear				2nd Phase	
			<b>Dashami Until 1:07AM Mon</b>	Moon – Blue				<b>Subha Sivaloka Day</b>	
				<b>Bhadrapada*Puratasi</b>					

<b>2</b>	<b>Monday, October 9, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam							Norman, OK
		Ashlesha* Nakshatra Sadhya Yoga Bava/Balava Karana Ekadashyam Titau							Sutra 176
	Kataka Rasi: 23.58	Tithi 26	<b>Gulika</b> 1:07PM – 2:33PM	<b>Ashlesha* Until 6:02PM</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 5:59AM			Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:16AM – 11:41AM	Sadhya Until 8:13PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:24PM			Moon 9 - Phase 25 - 9
Creative Work	Siddha Yoga	651726574 <b>Rahu</b> 7:24AM – 8:50AM	Bava Until 2:23PM	<b>Nataraja:</b> Clear				2nd Phase	
Until 6:02PM			<b>Ekadashi* Until 3:37AM Tue</b>	Moon – Blue				<b>Subha Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Bhadrapada*Puratasi</b>					

<b>3</b>	<b>Tuesday, October 10, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam							Norman, OK
		Magha* Nakshatra Subha Yoga Kaulava/Taitila Karana Dvadashyam Titau							Sutra 177
	Simha Rasi: 5.49	Tithi 27	<b>Gulika</b> 11:41AM – 1:06PM	<b>Magha* Until 9:11PM</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:00AM			Sobhana 5125
	Creative Work	Siddha Yoga	Yama 8:50AM – 10:16AM	Subha Until 9:08PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:22PM			Moon 9 - Phase 25 - 10
		651726574 <b>Rahu</b> 2:32PM – 3:57PM	Kaulava Until 4:53PM	<b>Nataraja:</b> Clear				2nd Phase	
			<b>Dvadashi* Until 6:04AM Wed</b>	Moon – Red				<b>Sivaloka Day</b>	
				<b>Bhadrapada*Puratasi</b>					

<b>4</b>	<b>Wednesday, October 11, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam							Norman, OK
		Purvaphalguni Nakshatra Sukla Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau							Sutra 178
	Simha Rasi: 17.41	Tithi 27 – 28	<b>Gulika</b> 10:16AM – 11:41AM	<b>Purvaphalguni Until 12:02AM Thu</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:01AM			Sobhana 5125
	Creative Work	Amrita Yoga	Yama 7:26AM – 8:51AM	Sukla Until 9:55PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:21PM			Moon 9 - Phase 25 - 11
		651726574 <b>Rahu</b> 11:41AM – 1:06PM	Gara Until 7:16PM	<b>Nataraja:</b> Clear				2nd Phase	
			<b>Dvadashi* Until 6:04AM</b>	Moon – Red				<b>Sivaloka Day</b>	
				<b>Bhadrapada*Puratasi</b>					
				<i>Pradosha Vrata (Fasting)</i>					

<b>5</b>	<b>Thursday, October 12, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam							Norman, OK
		Uttaraphalguni Nakshatra Brahma Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau							Sutra 179
	Simha Rasi: 29.38	Tithi 28 – 29	<b>Gulika</b> 8:51AM – 10:16AM	<b>Uttaraphalguni Until 2:27AM Fri</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:02AM			Sobhana 5125
	Amrita Yoga		Yama 6:02AM – 7:26AM	Brahma Until 10:31PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:19PM			Moon 9 - Phase 25 - 12
		651726574 <b>Rahu</b> 1:05PM – 2:30PM	Visti Until 9:24PM	<b>Nataraja:</b> Clear				2nd Phase	
			<b>Trayodashi* Until 8:21AM</b>	Moon – Red				<b>Sivaloka Day</b>	
				<b>Bhadrapada*Puratasi</b>					

	<b>Friday, October 13, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam							Norman, OK
	<b>Retreat Star</b>	Hasta Nakshatra Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau							Sutra 180
	Kanya Rasi: 11.42	Tithi 29 – 30	<b>Gulika</b> 7:27AM – 8:52AM	<b>Hasta Until 4:52AM Sat</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 6:03AM			Sobhana 5125
	Creative Work	Amrita Yoga	Yama 2:29PM – 3:53PM	Indra Until 10:52PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:18PM			Moon 9 - Phase 25 - 13
Until 4:52AM Sat		661726574 <b>Rahu</b> 10:16AM – 11:40AM	Catuspada Until 11:11PM	<b>Nataraja:</b> Clear				Amavasya	
Then Routine Work - Marana Yoga			<b>Chaturdashi* Until 10:19AM</b>	Moon – Green				<b>Sivaloka Day</b>	
				<b>Bhadrapada*Puratasi</b>					

<b>Retreat Star</b>	<b>Saturday, October 14, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam							Norman, OK
		Chitra Nakshatra Vaidhriti* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau							Sutra 181
	Kanya Rasi: 23.55	Tithi 30 – 1	<b>Gulika</b> 6:04AM – 7:28AM	<b>Chitra Until 6:41AM Sun</b>	<b>Ganesh:</b> Yellow	<i>Sunrise:</i> 6:04AM			Sobhana 5125
	Routine Work	Marana Yoga	Yama 1:04PM – 2:28PM	Vaidhriti* Until 10:52PM	<b>Muruga:</b> White	<i>Sunset:</i> 5:16PM			Moon 9 - Phase 25 - 14
Until 6:41AM Sun		661726574 <b>Rahu</b> 8:52AM – 10:16AM	Kintughna Until 12:33AM Sun	<b>Nataraja:</b> Clear				Prathama	
Then Creative Work - Siddha Yoga			<b>Amavasya* Until 11:54AM</b>	Moon – Green				<b>Sivaloka Day</b>	
				<b>Ashvina*Puratasi</b>					

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 Sunday, October 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Vishkambha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Norman, OK Sun 15 Sutra 182	
Tula Rasi: 6.18	Tithi 1 – 2	<b>Gulika</b> 2:27PM – 3:51PM	<b>Chitra</b> Until 6:41AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:05AM	Sobhana 5125
		Yama 11:40AM – 1:04PM	Vishkambha* Until 10:31PM	<b>Muruga:</b> White <i>Sunset:</i> 5:15PM	Moon 9 - Phase 26 - 15
Creative Work	Siddha Yoga	<b>Rahu</b> 3:51PM – 5:15PM	Balava Until 1:27AM Mon	<b>Nataraja:</b> Clear	3rd Phase
			<b>Prathama*</b> Until 1:02PM	Moon – Green	<b>Sivaloka Day</b>
				Ashvina*Puratasi	

<b>2 Monday, October 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Priti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Norman, OK Sun 16 Sutra 183	
Tula Rasi: 18.54	Tithi 2 – 3	<b>Gulika</b> 1:03PM – 2:26PM	<b>Svati</b> Until 7:54AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:06AM	Sobhana 5125
<b>Family Home Evening</b>		Yama 10:16AM – 11:40AM	Priti Until 9:50PM	<b>Muruga:</b> White <i>Sunset:</i> 5:13PM	Moon 9 - Phase 26 - 16
Creative Work	Amrita Yoga	<b>Rahu</b> 7:29AM – 8:53AM	Taitila Until 1:53AM Tue	<b>Nataraja:</b> Clear	3rd Phase
Until 7:54AM			<b>Dvitiya</b> Until 1:43PM	Moon – Green	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga				Ashvina*Puratasi	

<b>3 Tuesday, October 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Ayushman Yoga Gara/Vanija Karana Tritiya/Chaturthayam Titau		Norman, OK Sun 17 Sutra 184	
Vrischika Rasi: 1.43	Tithi 3 – 4	<b>Gulika</b> 11:39AM – 1:03PM	<b>Vishakha</b> Until 8:58AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:07AM	Sobhana 5125
		Yama 8:53AM – 10:16AM	Ayushman Until 8:45PM	<b>Muruga:</b> White <i>Sunset:</i> 5:12PM	Moon 9 - Phase 26 - 17
Routine Work	Marana Yoga	<b>Rahu</b> 2:26PM – 3:49PM	Vanija Until 1:52AM Wed	<b>Nataraja:</b> Clear	3rd Phase
Until 8:58AM			<b>Tritiya</b> Until 1:55PM	Moon – Orange	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				Ashvina*Aipasi	

<b>4 Wednesday, October 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Norman, OK Sun 18 Sutra 185	
Vrischika Rasi: 14.46	Tithi 4 – 5	<b>Gulika</b> 10:16AM – 11:39AM	<b>Anuradha</b> Until 9:27AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:08AM	Sobhana 5125
		Yama 7:31AM – 8:54AM	Saubhagya Until 7:19PM	<b>Muruga:</b> White <i>Sunset:</i> 5:10PM	Moon 9 - Phase 26 - 18
Creative Work	Siddha Yoga	<b>Rahu</b> 11:39AM – 1:02PM	Bava Until 1:23AM Thu	<b>Nataraja:</b> Clear	3rd Phase
			<b>Chaturthi*</b> Until 1:40PM	Moon – Orange	<b>Sivaloka Day</b>
				Ashvina*Aipasi	

<b>5 Thursday, October 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sobhana/Athiganda* Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Norman, OK Sun 19 Sutra 186	
Vrischika Rasi: 28.02	Tithi 5 – 6	<b>Gulika</b> 8:54AM – 10:17AM	<b>Jyeshtha*</b> Until 9:20AM	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:09AM	Sobhana 5125
		Yama 6:09AM – 7:32AM	Sobhana Until 5:34PM	<b>Muruga:</b> White <i>Sunset:</i> 5:09PM	Moon 9 - Phase 26 - 19
Routine Work	Prabalarishta Yoga	<b>Rahu</b> 1:01PM – 2:24PM	Kaulava Until 12:29AM Fri	<b>Nataraja:</b> Clear	3rd Phase
Until 9:20AM			<b>Panchami</b> Until 12:58PM	Moon – Orange	<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga				Ashvina*Aipasi	

<b>6 Friday, October 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula*/Purvashadha* Nakshatra Athiganda*/Sukarma Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Norman, OK Sun 20 Sutra 187	
Dhanus Rasi: 11.33	Tithi 6 – 7	<b>Gulika</b> 7:32AM – 8:55AM	<b>Mula*</b> Until 9:07AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:10AM	Sobhana 5125
		Yama 2:23PM – 3:45PM	Athiganda* Until 3:28PM	<b>Muruga:</b> White <i>Sunset:</i> 5:07PM	Moon 9 - Phase 26 - 20
Creative Work	Amrita Yoga	<b>Rahu</b> 10:17AM – 11:39AM	Gara Until 11:11PM	<b>Nataraja:</b> Clear	3rd Phase
Until 9:07AM			<b>Shashthi*</b> Until 11:52AM	Moon – Light Blue	<b>Sivaloka Day</b>
Then Routine Work - Prabalarishta Yoga				Ashvina*Aipasi	

<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Sukarma/Dhriti Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Norman, OK Sun 21 Sutra 188	
Dhanus Rasi: 25.17	Tithi 7 – 8	<b>Gulika</b> 6:11AM – 7:33AM	<b>Purvashadha*</b> Until 8:21AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:11AM	Sobhana 5125
		Yama 1:01PM – 2:22PM	Sukarma Until 1:04PM	<b>Muruga:</b> White <i>Sunset:</i> 5:06PM	Moon 9 - Phase 26 - 21
Creative Work	Siddha Yoga	<b>Rahu</b> 8:55AM – 10:17AM	Visti Until 9:30PM	<b>Nataraja:</b> Clear	Ashtami
Until 8:21AM			<b>Saptami</b> Until 10:22AM	Moon – Light Blue	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga		<b>Durga Ashtami</b>		Ashvina*Aipasi	

<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha/Shravana Nakshatra Dhriti/Shula* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Norman, OK Sun 22 Sutra 189	
Makara Rasi: 9.16	Tithi 8 – 9	<b>Gulika</b> 2:22PM – 3:43PM	<b>Uttarashadha</b> Until 7:05AM	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:12AM	Sobhana 5125
		Yama 11:39AM – 1:00PM	Dhriti Until 10:22AM	<b>Muruga:</b> White <i>Sunset:</i> 5:05PM	Moon 9 - Phase 26 - 22
Creative Work	Amrita Yoga	<b>Rahu</b> 3:43PM – 5:05PM	Balava Until 7:27PM	<b>Nataraja:</b> Clear	Navami
			<b>Ashtami*</b> Until 8:30AM	Moon – Light Blue	<b>Sivaloka Day</b>
		<b>Saraswathi Puja (Tamil Nadu)</b>		Ashvina*Aipasi	

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

<b>Monday, October 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Shula*/Ganda* Yoga Kaulava/Gara Karana Navami/Dashamyam Titau		Sun 23 Sutra 190 Sobhana 5125	
<b>1</b>	Makara Rasi: 23.28 Tithi 9 – 10 <b>Family Home Evening</b> Creative Work Siddha Yoga Until 4:00AM Tue Then Routine Work - Marana Yoga	<b>Gulika</b> 1:00PM – 2:21PM Yama 10:17AM – 11:38AM <b>Rahu</b> 7:35AM – 8:56AM  <b>Vijaya Dasami</b>	<b>Dhanishtha Until 4:00AM Tue</b> Shula* Until 7:23AM Gara Until 3:48AM Tue <b>Navami* Until 6:17AM</b>	<b>Ganesha:</b> White <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Purple <b>Ashvina*Aipasi</b>	Sunrise: 6:14AM Sunset: 5:03PM Moon 9 - Phase 27 - 23 4th Phase <b>Devaloka Day</b>
<b>Tuesday, October 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak Nakshatra Vriddhi Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 191 Sobhana 5125	
<b>2</b>	Kumbha Rasi: 7.51 Tithi 11 692726574 Routine Work Marana Yoga Until 1:55AM Wed Then Creative Work - Amrita Yoga	<b>Gulika</b> 11:38AM – 12:59PM Yama 8:56AM – 10:17AM <b>Rahu</b> 2:20PM – 3:41PM	<b>Shatabhishak Until 1:55AM Wed</b> Vriddhi Until 12:50AM Wed Vanija Until 2:30PM <b>Ekadashi Until 1:07AM Wed</b>	<b>Ganesha:</b> White <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Purple <b>Ashvina*Aipasi</b>	Sunrise: 6:15AM Sunset: 5:02PM Moon 9 - Phase 27 - 24 4th Phase <b>Devaloka Day</b>
<b>Wednesday, October 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada* Nakshatra Dhruva Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 192 Sobhana 5125	
<b>3</b>	Kumbha Rasi: 22.23 Tithi 12 612726574 Creative Work Amrita Yoga Until 12:00AM Thu Then Creative Work - Siddha Yoga	<b>Gulika</b> 10:18AM – 11:38AM Yama 7:36AM – 8:57AM <b>Rahu</b> 11:38AM – 12:59PM	<b>Purvaproshtapada* Until 12:00AM Thu</b> Dhruva Until 9:22PM Bava Until 11:44AM <b>Dvadashi Until 10:19PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Clear <b>Ashvina*Aipasi</b>	Sunrise: 6:16AM Sunset: 5:01PM Moon 9 - Phase 27 - 25 4th Phase <b>Devaloka Day</b>
<b>Thursday, October 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Uttaraproshtapada Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 193 Sobhana 5125	
<b>4</b>	Meena Rasi: 6.58 Tithi 13 612726574 Creative Work Siddha Yoga	<b>Gulika</b> 8:57AM – 10:18AM Yama 6:17AM – 7:37AM <b>Rahu</b> 12:58PM – 2:19PM	<b>Uttaraproshtapada Until 9:57PM</b> Vyaghata* Until 5:54PM Kaulava Until 8:55AM <b>Trayodashi Until 7:31PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Clear <b>Ashvina*Aipasi</b>	Sunrise: 6:17AM Sunset: 4:59PM Moon 9 - Phase 27 - 26 4th Phase <b>Devaloka Day</b>
<i>Pradosha Vrata</i>					
<b>Friday, October 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Revati Nakshatra Harshana/Vajra* Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau		Sun 27 Sutra 194 Sobhana 5125	
<b>5</b>	Meena Rasi: 21.32 Tithi 14 – 15 612726574 Creative Work Siddha Yoga Until 7:54PM Then Creative Work - Amrita Yoga	<b>Gulika</b> 7:38AM – 8:58AM Yama 2:18PM – 3:38PM <b>Rahu</b> 10:18AM – 11:38AM	<b>Revati Until 7:54PM</b> Harshana Until 2:32PM Gara Until 6:10AM <b>Chaturdashi* Until 4:50PM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Clear <b>Ashvina*Aipasi</b>	Sunrise: 6:18AM Sunset: 4:58PM Moon 9 - Phase 27 - 27 4th Phase <b>Devaloka Day</b>
<b>Saturday, October 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Sun 27 Sutra 195 Sobhana 5125	
<b>○</b>	<b>Copper Retreat Star</b> Mesha Rasi: 5.58 Tithi 15 – 16 622726574 Creative Work Siddha Yoga	<b>Gulika</b> 6:19AM – 7:39AM Yama 12:58PM – 2:17PM <b>Rahu</b> 8:59AM – 10:18AM	<b>Ashvini Until 6:24PM</b> Vajra* Until 11:21AM Balava Until 1:21AM Sun <b>Purnima* Until 2:25PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – White <b>Ashvina*Aipasi</b>	Sunrise: 6:19AM Sunset: 4:57PM Moon 9 - Phase 27 - Purnima <b>Sivaloka Day</b>
<b>Sunday, October 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Bharani/Krittika Nakshatra Siddhi/Vyatipata* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau		Sun 28 Sutra 196 Sobhana 5125	
<b>○</b>	<b>Silver Retreat Star</b> Mesha Rasi: 20.09 Tithi 16 – 17 622726574 Routine Work Prabalarishta Yoga Until 5:10PM Then Creative Work - Siddha Yoga	<b>Gulika</b> 2:17PM – 3:36PM Yama 11:38AM – 12:57PM <b>Rahu</b> 3:36PM – 4:55PM	<b>Bharani Until 5:10PM</b> Siddhi Until 8:28AM Taitila Until 11:34PM <b>Prathama* Until 12:23PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – White <b>Ashvina*Aipasi</b>	Sunrise: 6:20AM Sunset: 4:55PM Moon 9 - Phase 27 - Prathama <b>Sivaloka Day</b>

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

All times are standard time. Calculated for Norman, OK on 11/20/21

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**Monday, October 30, 2023**

**Gold Retreat Star**

Vrishabha Rasi: 4.02 Tithi 17 – 18

**Family Home Evening**

622826574

Routine Work Marana Yoga

Until 4:20PM

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Krittika/Rohini Nakshatra Vyatipata\*Variyan Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

**Gulika 12:57PM – 2:16PM Krittika Until 4:20PM**

Yama 10:19AM – 11:38AM Vyatipata\* Until 6:01AM

**Rahu 7:41AM – 9:00AM** Vanija Until 10:22PM

**Dvitiya Until 10:52AM**

**Ganesha:** White *Sunrise:* 6:21AM

**Muruga:** White *Sunset:* 4:54PM

**Nataraja:** Clear

Moon – White

**Ashvina•Aipasi**

**Subha Sivaloka Day**

Sun 1

Norman, OK

Sutra 197

Sobhana 5125

Moon 10 - Phase 28 - 1

1st Phase

**1**

**Tuesday, October 31, 2023**

Vrishabha Rasi: 17.34 Tithi 18 – 19

632826574

Creative Work Amrita Yoga

Until 4:26PM

Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Parigha\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

**Gulika 11:38AM – 12:56PM Rohini Until 4:26PM**

Yama 9:00AM – 10:19AM Parigha\* Until 2:34AM Wed

**Rahu 2:15PM – 3:34PM** Bava Until 9:51PM

**Tritiya Until 10:00AM**

**Ganesha:** Yellow *Sunrise:* 6:23AM

**Muruga:** White *Sunset:* 4:53PM

**Nataraja:** Clear

Moon – Yellow

**Ashvina•Aipasi**

**Sivaloka Day**

Sun 2

Norman, OK

Sutra 198

Sobhana 5125

Moon 10 - Phase 28 - 2

1st Phase

**2**

**Wednesday, November 1, 2023**

Mithuna Rasi: 0.42 Tithi 19 – 20

632826574

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Shiva Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

**Gulika 10:19AM – 11:38AM Mrigashira Until 5:06PM**

Yama 7:42AM – 9:01AM Shiva Until 1:42AM Thu

**Rahu 11:38AM – 12:56PM** Kaulava Until 10:03PM

**Chaturthi\* Until 9:50AM**

**Ganesha:** Yellow *Sunrise:* 6:24AM

**Muruga:** White *Sunset:* 4:52PM

**Nataraja:** Clear

Moon – Yellow

**Ashvina•Aipasi**

**Sivaloka Day**

Sun 3

Norman, OK

Sutra 199

Sobhana 5125

Moon 10 - Phase 28 - 3

1st Phase

**3**

**Thursday, November 2, 2023**

Mithuna Rasi: 13.29 Tithi 20 – 21

632826574

Routine Work Marana Yoga

Until 6:18PM

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Ardra Nakshatra Siddha Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

**Gulika 9:01AM – 10:19AM Ardra Until 6:18PM**

Yama 6:25AM – 7:43AM Siddha Until 1:22AM Fri

**Rahu 12:56PM – 2:14PM** Gara Until 10:58PM

**Panchami Until 10:24AM**

**Ganesha:** White *Sunrise:* 6:25AM

**Muruga:** White *Sunset:* 4:50PM

**Nataraja:** Clear

Moon – Yellow

**Ashvina•Aipasi**

**Devaloka Day**

Sun 4

Norman, OK

Sutra 200

Sobhana 5125

Moon 10 - Phase 28 - 4

1st Phase

**4**

**Friday, November 3, 2023**

Mithuna Rasi: 25.56 Tithi 21 – 22

643826574

Creative Work Siddha Yoga

Until 8:28PM

Then Routine Work - Marana Yoga

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

**Gulika 7:44AM – 9:02AM Punarvasu Until 8:28PM**

Yama 2:13PM – 3:31PM Sadhya Until 1:32AM Sat

**Rahu 10:20AM – 11:38AM** Visti Until 12:33AM Sat

**Shashthi\* Until 11:40AM**

**Ganesha:** Yellow *Sunrise:* 6:26AM

**Muruga:** White *Sunset:* 4:49PM

**Nataraja:** Clear

Moon – Blue

**Ashvina•Aipasi**

**Sivaloka Day**

Sun 5

Norman, OK

Sutra 201

Sobhana 5125

Moon 10 - Phase 28 - 5

1st Phase

**D**

**Saturday, November 4, 2023**

**Retreat Star**

Kataka Rasi: 8.08 Tithi 22 – 23

643826574

Creative Work Siddha Yoga

Until 10:59PM

Then Routine Work - Marana Yoga

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

**Gulika 6:27AM – 7:45AM Pushya Until 10:59PM**

Yama 12:55PM – 2:13PM Subha Until 2:05AM Sun

**Rahu 9:02AM – 10:20AM** Balava Until 2:39AM Sun

**Saptami Until 1:31PM**

**Ganesha:** Yellow *Sunrise:* 6:27AM

**Muruga:** White *Sunset:* 4:48PM

**Nataraja:** Clear

Moon – Blue

**Ashvina•Aipasi**

**Sivaloka Day**

Sun 6

Norman, OK

Sutra 202

Sobhana 5125

Moon 10 - Phase 28 - 6

Ashtami

**Sunday, November 5, 2023**

**Retreat Star**

Kataka Rasi: 20.09 Tithi 23 – 24

643826574

Creative Work Siddha Yoga

Until 1:40AM Mon

Then Routine Work - Marana Yoga

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

**Gulika 2:12PM – 3:30PM Ashlesha\* Until 1:40AM Mon**

Yama 11:38AM – 12:55PM Sukla Until 2:52AM Mon

**Rahu 3:30PM – 4:47PM** Taitila Until 5:04AM Mon

**Ashtami\* Until 3:48PM**

**Ganesha:** Yellow *Sunrise:* 6:28AM

**Muruga:** White *Sunset:* 4:47PM

**Nataraja:** Clear

Moon – Blue

**Ashvina•Aipasi**

**Sivaloka Day**

Sun 7

Norman, OK

Sutra 203

Sobhana 5125

Moon 10 - Phase 28 - 7


Navami

<b>1</b> Monday, November 6, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam Magha* Nakshatra Brahma Yoga Gara Karana Navamyam Titau		Sun 8 Sutra 204 Sobhana 5125	
Simha Rasi: 2.03	Tithi 24	<b>Gulika</b> 12:55PM – 2:12PM	<b>Magha* Until 4:50AM Tue</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:30AM	
<b>Family Home Evening</b>	653826574	Yama 10:21AM – 11:38AM	Brahma Until 3:45AM Tue	<b>Muruga:</b> White <i>Sunset:</i> 4:46PM	Moon 10 - Phase 29 - 8
Routine Work Marana Yoga		<b>Rahu</b> 7:47AM – 9:04AM	Gara Until 6:19PM	<b>Nataraja:</b> Clear	2nd Phase
Until 4:50AM Tue			<b>Navami* Until 6:19PM</b>	Moon – Red	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				Ashvina•Aipasi	
<b>2</b> Tuesday, November 7, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Purvaphalguni Nakshatra Indra Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 205 Sobhana 5125	
Simha Rasi: 13.54	Tithi 25	<b>Gulika</b> 11:38AM – 12:55PM	<b>Purvaphalguni Until 7:45AM Wed</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:31AM	
	753826574	Yama 9:04AM – 10:21AM	Indra Until 4:36AM Wed	<b>Muruga:</b> White <i>Sunset:</i> 4:45PM	Moon 10 - Phase 29 - 9
Creative Work Siddha Yoga		<b>Rahu</b> 2:11PM – 3:28PM	Vanija Until 7:37AM	<b>Nataraja:</b> Clear	2nd Phase
Until 7:45AM Wed			<b>Dashami Until 8:50PM</b>	Moon – Red	<b>Sivaloka Day</b>
Then Creative Work - Amrita Yoga				Ashvina•Aipasi	
<b>3</b> Wednesday, November 8, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vaidhriti* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10 Sutra 206 Sobhana 5125	
Simha Rasi: 25.47	Tithi 26	<b>Gulika</b> 10:21AM – 11:38AM	<b>Purvaphalguni Until 7:45AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:32AM	
	753826574	Yama 7:48AM – 9:05AM	Vaidhriti* Until 5:13AM Thu	<b>Muruga:</b> White <i>Sunset:</i> 4:44PM	Moon 10 - Phase 29 - 10
Creative Work Amrita Yoga		<b>Rahu</b> 11:38AM – 12:54PM	Bava Until 10:03AM	<b>Nataraja:</b> Clear	2nd Phase
			<b>Ekadashi* Until 11:09PM</b>	Moon – Red	<b>Sivaloka Day</b>
				Ashvina•Aipasi	
<b>4</b> Thursday, November 9, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vishkambha* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 11 Sutra 207 Sobhana 5125	
Kanya Rasi: 7.47	Tithi 27	<b>Gulika</b> 9:05AM – 10:22AM	<b>Uttaraphalguni Until 10:13AM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:33AM	
	753826574	Yama 6:33AM – 7:49AM	Vishkambha* Until 5:32AM Fri	<b>Muruga:</b> White <i>Sunset:</i> 4:43PM	Moon 10 - Phase 29 - 11
Amrita Yoga		<b>Rahu</b> 12:54PM – 2:10PM	Kaulava Until 12:11PM	<b>Nataraja:</b> Clear	2nd Phase
Until 10:13AM			<b>Dvadashi* Until 1:04AM Fri</b>	Moon – Red	<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga				Ashvina•Aipasi	
<b>5</b> Friday, November 10, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Priti Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 208 Sobhana 5125	
Kanya Rasi: 19.56	Tithi 28	<b>Gulika</b> 7:50AM – 9:06AM	<b>Hasta Until 12:36PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:34AM	
	763826574	Yama 2:10PM – 3:26PM	Priti Until 5:27AM Sat	<b>Muruga:</b> White <i>Sunset:</i> 4:42PM	Moon 10 - Phase 29 - 12
Creative Work Amrita Yoga		<b>Rahu</b> 10:22AM – 11:38AM	Gara Until 1:52PM	<b>Nataraja:</b> Clear	2nd Phase
Until 12:36PM		<b>Subramuniyaswami Mahasamadhi</b>	<b>Trayodashi* Until 2:28AM Sat</b>	Moon – Green	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga			<i>Pradosha Vrata (Fasting)</i>	Ashvina•Aipasi	
<b>6</b> Saturday, November 11, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Ayushman Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13 Sutra 209 Sobhana 5125	
Tula Rasi: 2.2	Tithi 29	<b>Gulika</b> 6:35AM – 7:51AM	<b>Chitra Until 2:16PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:35AM	
	763826574	Yama 12:54PM – 2:10PM	Ayushman Until 4:53AM Sun	<b>Muruga:</b> White <i>Sunset:</i> 4:41PM	Moon 10 - Phase 29 - 13
Routine Work Marana Yoga		<b>Rahu</b> 9:07AM – 10:22AM	Visti Until 2:58PM	<b>Nataraja:</b> Clear	2nd Phase
Until 2:16PM		<b>Deepavali Hindu Solidarity Day</b>	<b>Chaturdashi* Until 3:16AM Sun</b>	Moon – Green	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				Ashvina•Aipasi	
<b>Sunday, November 12, 2023</b> <b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Saubhagya Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Sun 14 Sutra 210 Sobhana 5125	
Tula Rasi: 14.59	Tithi 30	<b>Gulika</b> 2:09PM – 3:25PM	<b>Svati Until 3:12PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:37AM	
	763826574	Yama 11:38AM – 12:54PM	Saubhagya Until 3:52AM Mon	<b>Muruga:</b> White <i>Sunset:</i> 4:40PM	Moon 10 - Phase 29 - 14
Creative Work Siddha Yoga		<b>Rahu</b> 3:25PM – 4:40PM	Catuspada Until 3:28PM	<b>Nataraja:</b> Clear	Amavasya
Until 3:12PM			<b>Amavasya* Until 3:28AM Mon</b>	Moon – Green	<b>Devaloka Day</b>
Then Routine Work - Marana Yoga				Ashvina•Aipasi	
<b>Monday, November 13, 2023</b> <b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sobhana Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15 Sutra 211 Sobhana 5125	
Tula Rasi: 27.55	Tithi 1	<b>Gulika</b> 12:54PM – 2:09PM	<b>Vishakha Until 3:52PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:38AM	
<b>Family Home Evening</b>	773826574	Yama 10:23AM – 11:38AM	Sobhana Until 2:25AM Tue	<b>Muruga:</b> White <i>Sunset:</i> 4:39PM	Moon 10 - Phase 29 - 15
Routine Work Marana Yoga		<b>Rahu</b> 7:53AM – 9:08AM	Kintughna Until 3:22PM	<b>Nataraja:</b> Clear	Prathama
Until 3:52PM		<b>Skanda Shasthi Begins</b>	<b>Prathama* Until 3:06AM Tue</b>	Moon – Orange	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				Karttika•Aipasi	

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>Tuesday, November 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Athiganda* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Sun 16 Sutra 212	
Vrischika Rasi: 11.08	Tithi 2	<b>Gulika</b> 11:39AM – 12:53PM	<b>Anuradha Until 3:52PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:39AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:38PM
		Yama 9:09AM – 10:24AM	Athiganda* Until 12:34AM Wed				Moon 10 - Phase 30 - 16
		773826574 <b>Rahu</b> 2:08PM – 3:23PM	Balava Until 2:45PM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Dvitiya Until 2:15AM Wed</b>			<b>Devaloka Day</b>	
Until 3:52PM						<b>Kartika*Aipasi</b>	
Then Routine Work - Marana Yoga							
<b>2</b>		<b>Wednesday, November 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukarma Yoga Taitila/Gara Karana Tritiyayam Titau		Norman, OK Sun 17 Sutra 213	
Vrischika Rasi: 24.37	Tithi 3	<b>Gulika</b> 10:24AM – 11:39AM	<b>Jyeshtha* Until 3:18PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:40AM		Sobhana 5125
		Yama 7:55AM – 9:09AM	Sukarma Until 10:24PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:37PM	Moon 10 - Phase 30 - 17	
		773826574 <b>Rahu</b> 11:39AM – 12:53PM	Taitila Until 1:42PM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Tritiya Until 1:01AM Thu</b>			<b>Devaloka Day</b>	
Until 3:18PM						<b>Kartika*Aipasi</b>	
Then Routine Work - Marana Yoga							
<b>3</b>		<b>Thursday, November 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhriti Yoga Vanija/Visti* Karana Chaturthayam Titau		Norman, OK Sun 18 Sutra 214	
Dhanus Rasi: 8.19	Tithi 4	<b>Gulika</b> 9:10AM – 10:24AM	<b>Mula* Until 2:41PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:41AM		Sobhana 5125
		Yama 6:41AM – 7:56AM	Dhriti Until 8:01PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:37PM	Moon 10 - Phase 30 - 18	
		784826574 <b>Rahu</b> 12:53PM – 2:08PM	Vanija Until 12:18PM	<b>Nataraja:</b> Clear			3rd Phase
Creative Work	Siddha Yoga		<b>Chaturthi* Until 11:29PM</b>			<b>Sivaloka Day</b>	
						<b>Kartika*Kartikai</b>	
<b>4</b>		<b>Friday, November 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Panchamyam Titau		Norman, OK Sun 19 Sutra 215	
Dhanus Rasi: 22.11	Tithi 5	<b>Gulika</b> 7:57AM – 9:11AM	<b>Purvashadha* Until 1:42PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:42AM		Sobhana 5125
		Yama 2:08PM – 3:22PM	Shula* Until 5:25PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:36PM	Moon 10 - Phase 30 - 19	
		784826575 <b>Rahu</b> 10:25AM – 11:39AM	Bava Until 10:39AM	<b>Nataraja:</b> Purple			3rd Phase
Routine Work	Prabalarishta Yoga		<b>Panchami Until 9:44PM</b>			<b>Subha Sivaloka Day</b>	
Until 1:42PM						<b>Kartika*Kartikai</b>	
Then Routine Work - Marana Yoga							
<b>5</b>		<b>Saturday, November 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Ganda*/Vridhi Yoga Kaulava/Taitila Karana Shashthyam Titau		Norman, OK Sun 20 Sutra 216	
Makara Rasi: 6.1	Tithi 6	<b>Gulika</b> 6:43AM – 7:57AM	<b>Uttarashadha Until 12:24PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:43AM		Sobhana 5125
		Yama 12:53PM – 2:07PM	Ganda* Until 2:43PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:35PM	Moon 10 - Phase 30 - 20	
		784826575 <b>Rahu</b> 9:11AM – 10:25AM	Kaulava Until 8:49AM	<b>Nataraja:</b> Purple			3rd Phase
Routine Work	Marana Yoga		<b>Shashthi* Until 7:51PM</b>			<b>Subha Sivaloka Day</b>	
Until 12:24PM		<b>Skanda Shasthi</b>				<b>Kartika*Kartikai</b>	
Then Creative Work - Siddha Yoga							
<b>6</b>		<b>Sunday, November 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vridhi/Dhruva Yoga Gara/Visti* Karana Saptami/Ashtamyam Titau		Norman, OK Sun 21 Sutra 217	
Makara Rasi: 20.13	Tithi 7 – 8	<b>Gulika</b> 2:07PM – 3:21PM	<b>Shravana Until 11:17AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:45AM		Sobhana 5125
		Yama 11:40AM – 12:53PM	Vridhi Until 11:56AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:34PM	Moon 10 - Phase 30 - 21	
		794826575 <b>Rahu</b> 3:21PM – 4:34PM	Gara Until 6:53AM	<b>Nataraja:</b> Purple			3rd Phase
Creative Work	Amrita Yoga		<b>Saptami Until 5:52PM</b>			<b>Subha Subha Sivaloka Day</b>	
Until 11:17AM						<b>Kartika*Kartikai</b>	
Then Routine Work - Marana Yoga							
<b>Retreat Star</b>		<b>Monday, November 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Dhruva/Vyaghata* Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Norman, OK Sun 22 Sutra 218	
Kumbha Rasi: 4.2	Tithi 8 – 9	<b>Gulika</b> 12:53PM – 2:07PM	<b>Dhanishtha Until 9:56AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:46AM		Sobhana 5125
<b>Family Home Evening</b>		Yama 10:26AM – 11:40AM	Dhruva Until 9:05AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:34PM	Moon 10 - Phase 30 - 22	
		794826575 <b>Rahu</b> 7:59AM – 9:13AM	Balava Until 2:48AM Tue	<b>Nataraja:</b> Purple			Ashtami
Creative Work	Siddha Yoga		<b>Ashtami* Until 3:49PM</b>			<b>Subha Subha Sivaloka Day</b>	
						<b>Kartika*Kartikai</b>	
<b>Retreat Star</b>		<b>Tuesday, November 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Shatabhishak*/Purvaproshtapada* Nakshatra Vyaghata*/Harshana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Norman, OK Sun 23 Sutra 219	
Kumbha Rasi: 18.28	Tithi 9 – 10	<b>Gulika</b> 11:40AM – 12:53PM	<b>Shatabhishak Until 8:25AM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:47AM		Sobhana 5125
		Yama 9:13AM – 10:27AM	Vyaghata* Until 6:12AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:33PM	Moon 10 - Phase 30 - 23	
		794826575 <b>Rahu</b> 2:07PM – 3:20PM	Taitila Until 12:43AM Wed	<b>Nataraja:</b> Purple			Navami
Routine Work	Marana Yoga		<b>Navami* Until 1:44PM</b>			<b>Subha Subha Sivaloka Day</b>	
						<b>Kartika*Kartikai</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

<b>1</b>		<b>Wednesday, November 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Vajra* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 24		Norman, OK Sutra 220	
Meena Rasi: 2.37		Tithi 10 – 11		714826575		Gulika 10:27AM – 11:40AM		Purvaproshtapada* Until 7:11AM	
						Yama 8:01AM – 9:14AM		Vajra* Until 12:26AM Thu	
						Rahu 11:40AM – 12:53PM		Vanija Until 10:39PM	
Creative Work		Amrita Yoga				Dashami Until 11:40AM		Karttika*Karttikai	
Until 7:11AM								Subha Subha Sivaloka Day	
Then Creative Work - Siddha Yoga									
<b>2</b>		<b>Thursday, November 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Revati Nakshatra Siddhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 25		Norman, OK Sutra 221	
Meena Rasi: 16.45		Tithi 11 – 12		714826575		Gulika 9:15AM – 10:28AM		Revati Until 4:25AM Fri	
						Yama 6:49AM – 8:02AM		Siddhi Until 9:37PM	
						Rahu 12:53PM – 2:06PM		Bava Until 8:39PM	
Creative Work		Siddha Yoga				Ekadashi Until 9:37AM		Karttika*Karttikai	
Until 4:25AM Fri								Subha Subha Sivaloka Day	
Then Creative Work - Amrita Yoga									
<b>3</b>		<b>Friday, November 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini Nakshatra Vyatipata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Sun 26		Norman, OK Sutra 222	
Mesha Rasi: 0.5		Tithi 12 – 13		724926575		Gulika 8:03AM – 9:16AM		Ashvini Until 3:27AM Sat	
						Yama 2:06PM – 3:19PM		Vyatipata* Until 6:56PM	
						Rahu 10:28AM – 11:41AM		Kaulava Until 6:48PM	
Creative Work		Amrita Yoga				Dvadashi Until 7:41AM		Karttika*Karttikai	
Until 3:27AM Sat								Sivaloka Day	
Then Creative Work - Siddha Yoga								Pradosha Vrata	
<b>4</b>		<b>Saturday, November 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Bharani Nakshatra Variyan/Parigha* Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27		Norman, OK Sutra 223	
Mesha Rasi: 14.48		Tithi 14		724926575		Gulika 6:51AM – 8:04AM		Bharani Until 2:35AM Sun	
						Yama 12:54PM – 2:06PM		Variyan Until 4:22PM	
						Rahu 9:16AM – 10:29AM		Gara Until 5:09PM	
Creative Work		Siddha Yoga				Chaturdashi* Until 4:25AM Sun		Karttika*Karttikai	
								Sivaloka Day	
		<b>Sunday, November 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika Nakshatra Parigha*/Shiva Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28		Norman, OK Sutra 224	
Mesha Rasi: 28.36		Tithi 15		724926575		Gulika 2:06PM – 3:18PM		Krittika Until 1:55AM Mon	
						Yama 11:41AM – 12:54PM		Parigha* Until 2:05PM	
						Rahu 3:18PM – 4:31PM		Visti Until 3:48PM	
Creative Work		Siddha Yoga				Krittika Deepam		Purnima* Until 3:16AM Mon	
Until 1:55AM Mon								Karttika*Karttikai	
Then Creative Work - Amrita Yoga								Sivaloka Day	
<b>Monday, November 27, 2023</b>		<b>Silver Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Rohini Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Prathamayam Titau		Sun 29		Norman, OK Sutra 225	
Vrishabha Rasi: 12.11		Tithi 16		734926575		Gulika 12:54PM – 2:06PM		Rohini Until 2:00AM Tue	
Family Home Evening						Yama 10:30AM – 11:42AM		Shiva Until 12:07PM	
Creative Work		Amrita Yoga				Rahu 8:06AM – 9:18AM		Balava Until 2:53PM	
Until 2:00AM Tue						Prathama* Until 2:35AM Tue		Karttika*Karttikai	
Then Creative Work - Siddha Yoga						Vinayaga Viratam Begins		Subha Sivaloka Day	

When the soul attains Self-knowledge, then it becomes one with Siva. The malas perish, birth's cycle ends and the lustrous light of wisdom dawns. Tirumantiram 2331



Tuesday, November 28, 2023

Gold Retreat Star

Vrishabha Rasi: 25.31 Tithi 17  
734926575  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Mrigashira Nakshatra Siddha/Sadhya Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 11:42AM – 12:54PM  
Yama 9:18AM – 10:30AM  
734926575 Rahu 2:06PM – 3:18PM

Mrigashira Until 2:28AM Wed  
Siddha Until 10:31AM  
Taitila Until 2:28PM  
Dvitiya Until 2:27AM Wed

Ganesh: Clear Sunrise: 6:55AM  
Muruga: White Sunset: 4:30PM Moon 11 - Phase 32 - 1st Phase  
Nataraja: Purple  
Moon – Yellow  
Subha Sivaloka Day  
Karttika•Karttikai

1 Wednesday, November 29, 2023

Mithuna Rasi: 8.34 Tithi 18  
735926575  
Creative Work Siddha Yoga  
Until 3:21AM Thu  
Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam  
Ardra Nakshatra Sadhya/Subha Yoga Vanija/Visti\* Karana Tritiyayam Titau

Gulika 10:31AM – 11:43AM  
Yama 8:07AM – 9:19AM  
735926575 Rahu 11:43AM – 12:54PM

Ardra Until 3:21AM Thu  
Sadhya Until 9:23AM  
Vanija Until 2:38PM  
Tritiya Until 2:56AM Thu

Ganesh: Purple Sunrise: 6:56AM  
Muruga: White Sunset: 4:29PM Moon 11 - Phase 32 - 1st Phase  
Nataraja: Purple  
Moon – Yellow  
Subha Subha Sivaloka Day  
Karttika•Karttikai

2 Thursday, November 30, 2023

Mithuna Rasi: 21.18 Tithi 19  
745926575  
Creative Work Amrita Yoga  
Until 5:10AM Fri  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam  
Punarvasu Nakshatra Subha/Sukla Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 9:20AM – 10:31AM  
Yama 6:57AM – 8:08AM  
745926575 Rahu 12:54PM – 2:06PM

Punarvasu Until 5:10AM Fri  
Subha Until 8:44AM  
Bava Until 3:26PM  
Chaturthi\* Until 4:02AM Fri

Ganesh: Clear Sunrise: 6:57AM  
Muruga: White Sunset: 4:29PM Moon 11 - Phase 32 - 2 1st Phase  
Nataraja: Purple  
Moon – Blue  
Subha Sivaloka Day  
Karttika•Karttikai

3 Friday, December 1, 2023

Kataka Rasi: 3.45 Tithi 20  
745926575  
Routine Work Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Pushya Nakshatra Sukla/Brahma Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 8:09AM – 9:20AM  
Yama 2:06PM – 3:17PM  
745926575 Rahu 10:32AM – 11:43AM

Pushya Until 7:23AM Sat  
Sukla Until 8:31AM  
Kaulava Until 4:51PM  
Panchami Until 5:44AM Sat

Ganesh: Clear Sunrise: 6:58AM  
Muruga: White Sunset: 4:29PM Moon 11 - Phase 32 - 3 1st Phase  
Nataraja: Purple  
Moon – Blue  
Subha Sivaloka Day  
Karttika•Karttikai

4 Saturday, December 2, 2023

Kataka Rasi: 15.58 Tithi 21  
745926575  
Creative Work Siddha Yoga  
Until 7:23AM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Brahma/Indra Yoga Gara Karana Shashthyam Titau

Gulika 6:59AM – 8:10AM  
Yama 12:55PM – 2:06PM  
745926575 Rahu 9:21AM – 10:32AM

Pushya Until 7:23AM  
Brahma Until 8:46AM  
Gara Until 6:48PM  
Shashthi\* Until 7:56AM Sun

Ganesh: Clear Sunrise: 6:59AM  
Muruga: White Sunset: 4:29PM Moon 11 - Phase 32 - 4 1st Phase  
Nataraja: Purple  
Moon – Blue  
Subha Sivaloka Day  
Karttika•Karttikai

5 Sunday, December 3, 2023

Kataka Rasi: 27.58 Tithi 21 – 22  
745926575  
Creative Work Siddha Yoga  
Until 9:53AM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Indra/Vaidhriti\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Gulika 2:06PM – 3:17PM  
Yama 11:44AM – 12:55PM  
745926575 Rahu 3:17PM – 4:28PM

Ashlesha\* Until 9:53AM  
Indra Until 9:23AM  
Visti Until 9:11PM  
Shashthi\* Until 7:56AM

Ganesh: Clear Sunrise: 7:00AM  
Muruga: White Sunset: 4:28PM Moon 11 - Phase 32 - 5 1st Phase  
Nataraja: Purple  
Moon – Blue  
Subha Sivaloka Day  
Karttika•Karttikai

Monday, December 4, 2023

Simha Rasi: 9.52 Tithi 22 – 23  
755926575  
Family Home Evening  
Routine Work Marana Yoga  
Until 1:01PM  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Vaidhriti\*/Vishkambha\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 12:55PM – 2:06PM  
Yama 10:33AM – 11:44AM  
755926575 Rahu 8:12AM – 9:23AM

Magha\* Until 1:01PM  
Vaidhriti\* Until 10:12AM  
Balava Until 11:47PM  
Saptami Until 10:27AM

Ganesh: White Sunrise: 7:01AM  
Muruga: White Sunset: 4:28PM Moon 11 - Phase 32 - 6 Ashtami  
Nataraja: Purple  
Moon – Red  
Subha Subha Sivaloka Day  
Karttika•Karttikai

Tuesday, December 5, 2023


Simha Rasi: 21.42 Tithi 23 – 24  
755936575  
Creative Work Siddha Yoga  
Until 4:03PM  
Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaphalguni/Uttaraphalguni Nakshatra Vishkambha\*/Priti Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Gulika 11:45AM – 12:56PM  
Yama 9:23AM – 10:34AM  
755936575 Rahu 2:07PM – 3:17PM

Purvaphalguni Until 4:03PM  
Vishkambha\* Until 11:06AM  
Taitila Until 2:21AM Wed  
Ashtami\* Until 1:04PM

Ganesh: White Sunrise: 7:02AM  
Muruga: Clear Sunset: 4:28PM Moon 11 - Phase 32 - 7 Navami  
Nataraja: Purple  
Moon – Red  
Subha Sivaloka Day  
Karttika•Karttikai

<b>1</b>		<b>Wednesday, December 6, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Budha Vasara Yuktayam Uttaraphalguni Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 8		Norman, OK Sutra 234	
Kanya Rasi: 3.34		Tithi 24 – 25		755936575		Gulika 10:35AM – 11:45AM		Uttaraphalguni Until 6:44PM	
						Yama 8:13AM – 9:24AM		Priti Until 11:55AM	
						Rahu 11:45AM – 12:56PM		Vanija Until 4:38AM Thu	
Creative Work		Amrita Yoga						Ganesha: White	
Until 6:44PM								Sunrise: 7:03AM	
Then Routine Work - Marana Yoga								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 8	
								Nataraja: Purple	
								Moon – Red	
								Subha Sivaloka Day	
								Karttika*Karttikai	
<b>2</b>		<b>Thursday, December 7, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Guru Vasara Yuktayam Hasta Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 9		Norman, OK Sutra 235	
Kanya Rasi: 15.33		Tithi 25 – 26		765936575		Gulika 9:25AM – 10:35AM		Hasta Until 9:21PM	
						Yama 7:03AM – 8:14AM		Ayushman Until 12:26PM	
						Rahu 12:56PM – 2:07PM		Bava Until 6:25AM Fri	
Routine Work		Marana Yoga						Ganesha: Yellow	
Until 9:21PM								Sunrise: 7:03AM	
Then Creative Work - Siddha Yoga								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 9	
								Nataraja: Purple	
								Moon – Green	
								Sivaloka Day	
								Karttika*Karttikai	
<b>3</b>		<b>Friday, December 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10		Norman, OK Sutra 236	
Kanya Rasi: 27.44		Tithi 26		766936575		Gulika 8:15AM – 9:25AM		Chitra Until 11:12PM	
						Yama 2:07PM – 3:18PM		Saubhagya Until 12:32PM	
						Rahu 10:36AM – 11:46AM		Bava Until 6:25AM	
Creative Work		Siddha Yoga						Ganesha: White	
								Sunrise: 7:04AM	
								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 10	
								Nataraja: Purple	
								Moon – Green	
								Devaloka Day	
								Karttika*Karttikai	
<b>4</b>		<b>Saturday, December 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Manta Vasara Yuktayam Svati Nakshatra Sobhana/Athiganda* Yoga Kaulava/Taitila Karana Dvadashyam Titau		Sun 11		Norman, OK Sutra 237	
Tula Rasi: 10.13		Tithi 27		766936575		Gulika 7:05AM – 8:16AM		Svati Until 12:11AM Sun	
						Yama 12:57PM – 2:07PM		Sobhana Until 12:06PM	
						Rahu 9:26AM – 10:36AM		Kaulava Until 7:30AM	
Creative Work		Siddha Yoga						Ganesha: White	
Until 12:11AM Sun								Sunrise: 7:05AM	
Then Routine Work - Marana Yoga								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 11	
								Nataraja: Purple	
								Moon – Green	
								Devaloka Day	
								Karttika*Karttikai	
<b>5</b>		<b>Sunday, December 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha Nakshatra Athiganda*/Sukarma Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12		Norman, OK Sutra 238	
Tula Rasi: 23.03		Tithi 28		776936575		Gulika 2:08PM – 3:18PM		Vishakha Until 12:44AM Mon	
						Yama 11:47AM – 12:57PM		Athiganda* Until 11:04AM	
						Rahu 3:18PM – 4:28PM		Gara Until 7:50AM	
Routine Work		Marana Yoga						Ganesha: Green	
Until 12:44AM Mon								Sunrise: 7:06AM	
Then Creative Work - Siddha Yoga								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 12	
								Nataraja: Purple	
								Moon – Orange	
								Devaloka Day	
								Karttika*Karttikai	
<b>6</b>		<b>Monday, December 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha Nakshatra Sukarma/Dhriti Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Sun 13		Norman, OK Sutra 239	
Vrischika Rasi: 6.15		Tithi 29		776936575		Gulika 12:58PM – 2:08PM		Anuradha Until 12:27AM Tue	
<b>Family Home Evening</b>						Yama 10:37AM – 11:48AM		Sukarma Until 9:28AM	
Creative Work		Siddha Yoga						Visti Until 7:25AM	
Until 12:27AM Tue								Chaturdashi* Until 6:56PM	
Then Routine Work - Marana Yoga								Ganesha: Green	
								Sunrise: 7:07AM	
								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 13	
								Nataraja: Purple	
								Moon – Orange	
								Devaloka Day	
								Karttika*Karttikai	
		<b>Tuesday, December 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Mangala Vasara Yuktayam Jyeshtha* Nakshatra Dhriti/Shula* Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 14		Norman, OK Sutra 240	
		<b>Retreat Star</b>		776936575		Gulika 11:48AM – 12:58PM		Jyeshtha* Until 11:26PM	
Vrischika Rasi: 19.5		Tithi 30 – 1				Yama 9:28AM – 10:38AM		Dhriti Until 7:21AM	
						Rahu 2:08PM – 3:18PM		Catuspada Until 6:19AM	
Routine Work		Marana Yoga						Ganesha: Green	
Until 11:26PM								Sunrise: 7:08AM	
Then Creative Work - Amrita Yoga								Muruga: Clear	
								Sunset: 4:28PM	
								Moon 11 - Phase 33 - 14	
								Nataraja: Purple	
								Moon – Orange	
								Devaloka Day	
								Karttika*Karttikai	
<b>Wednesday, December 13, 2023</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Budha Vasara Yuktayam Mula* Nakshatra Ganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Sun 15		Norman, OK Sutra 241	
Dhanus Rasi: 3.44		Tithi 1 – 2		766936575		Gulika 10:38AM – 11:48AM		Mula* Until 10:15PM	
						Yama 8:18AM – 9:28AM		Ganda* Until 1:52AM Thu	
						Rahu 11:48AM – 12:59PM		Balava Until 2:35AM Thu	
Routine Work		Marana Yoga						Ganesha: White	
Until 10:15PM								Sunrise: 7:08AM	
Then Creative Work - Amrita Yoga								Muruga: Clear	
								Sunset: 4:29PM	
								Moon 11 - Phase 33 - 15	
								Nataraja: Purple	
								Moon – Light Blue	
								Devaloka Day	
								Margasira*Karttikai	

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

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Thursday, December 14, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha* Nakshatra Vriddhi Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Sun 16 Sutra 242	
1	Dhanus Rasi: 17.55 Tithi 2 - 3	Gulika 9:29AM - 10:39AM Yama 7:09AM - 8:19AM Rahu 12:59PM - 2:09PM	Purvashadha* Until 8:38PM Vriddhi Until 10:45PM Taitila Until 12:14AM Fri Dvitiya Until 1:25PM	Ganesha: White Muruga: White Nataraja: Purple Moon - Light Blue Margasira*Karttikai	Sunrise: 7:09AM Sunset: 4:29PM Moon 11 - Phase 34 - 16 3rd Phase Sivaloka Day
Creative Work Siddha Yoga Until 8:38PM Then Routine Work - Marana Yoga					
Friday, December 15, 2023		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Uttarashadha Nakshatra Dhruva Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Sun 17 Sutra 243	
2	Makara Rasi: 2.16 Tithi 3 - 4	Gulika 8:20AM - 9:30AM Yama 2:09PM - 3:19PM Rahu 10:40AM - 11:49AM	Uttarashadha Until 6:44PM Dhruva Until 7:30PM Vanija Until 9:45PM Tritiya Until 10:59AM	Ganesha: Clear Muruga: White Nataraja: Purple Moon - Light Blue Margasira*Karttikai	Sunrise: 7:10AM Sunset: 4:29PM Moon 11 - Phase 34 - 17 3rd Phase Subha Sivaloka Day
Routine Work Marana Yoga					
Saturday, December 16, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vyaghata*Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Sun 18 Sutra 244	
3	Makara Rasi: 16.4 Tithi 4 - 5	Gulika 7:11AM - 8:20AM Yama 1:00PM - 2:10PM Rahu 9:30AM - 10:40AM	Shravana Until 5:05PM Vyaghata* Until 4:15PM Bava Until 7:16PM Chaturthi* Until 8:29AM	Ganesha: Clear Muruga: White Nataraja: Purple Moon - Purple Margasira*Markali	Sunrise: 7:11AM Sunset: 4:29PM Moon 11 - Phase 34 - 18 3rd Phase Subha Sivaloka Day
Creative Work Siddha Yoga Markali Pillaiyar					
Sunday, December 17, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Harshana/Vajra* Yoga Balava/Taitila Karana Panchami/Shashtyam Titau		Sun 19 Sutra 245	
4	Kumbha Rasi: 1.04 Tithi 5 - 6	Gulika 2:10PM - 3:20PM Yama 11:50AM - 1:00PM Rahu 3:20PM - 4:30PM	Dhanishtha Until 3:23PM Harshana Until 1:04PM Taitila Until 3:44AM Mon Panchami Until 6:02AM	Ganesha: Clear Muruga: White Nataraja: Purple Moon - Purple Margasira*Markali	Sunrise: 7:11AM Sunset: 4:30PM Moon 11 - Phase 34 - 19 3rd Phase Subha Sivaloka Day
Routine Work Marana Yoga Until 3:23PM Then Creative Work - Siddha Yoga Vinayaga Viratam Ends					
Monday, December 18, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vajra*/Siddhi Yoga Gara/Vanija Karana Saptamyam Titau		Sun 20 Sutra 246	
5	Kumbha Rasi: 15.2 Tithi 7	Gulika 1:01PM - 2:10PM Yama 10:41AM - 11:51AM Rahu 8:22AM - 9:31AM	Shatabhishak Until 1:42PM Vajra* Until 10:00AM Gara Until 2:40PM Saptami Until 1:38AM Tue	Ganesha: Red Muruga: White Nataraja: Purple Moon - Purple Margasira*Markali	Sunrise: 7:12AM Sunset: 4:30PM Moon 11 - Phase 34 - 20 3rd Phase Subha Sivaloka Day
Family Home Evening Creative Work Siddha Yoga Until 1:42PM Then Routine Work - Marana Yoga					
Tuesday, December 19, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Siddhi/Vyatipata* Yoga Visti*/Bava Karana Ashtamyam Titau		Sun 21 Sutra 247	
Retreat Star		Gulika 11:51AM - 1:01PM Yama 9:32AM - 10:42AM Rahu 2:11PM - 3:21PM	Purvaproshtapada* Until 12:32PM Siddhi Until 7:07AM Visti Until 12:41PM Ashtami* Until 11:46PM	Ganesha: Clear Muruga: White Nataraja: Purple Moon - Clear Margasira*Markali	Sunrise: 7:12AM Sunset: 4:30PM Moon 11 - Phase 34 - 21 Ashtami Subha Sivaloka Day
Kumbha Rasi: 29.29 Tithi 8 Routine Work Marana Yoga Until 12:32PM Then Creative Work - Amrita Yoga					
Wednesday, December 20, 2023		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Variyan Yoga Balava/Kaulava Karana Navamyam Titau		Sun 22 Sutra 248	
Retreat Star		Gulika 10:42AM - 11:52AM Yama 8:23AM - 9:32AM Rahu 11:52AM - 1:02PM	Uttaraproshtapada Until 11:29AM Variyan Until 1:58AM Thu Balava Until 10:57AM Navami* Until 10:10PM	Ganesha: Clear Muruga: White Nataraja: Purple Moon - Clear Margasira*Markali	Sunrise: 7:13AM Sunset: 4:31PM Moon 11 - Phase 34 - 22 Navami Subha Sivaloka Day
Meena Rasi: 13.29 Tithi 9 Creative Work Siddha Yoga Until 11:29AM Then Routine Work - Marana Yoga					

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

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<b>1</b>		<b>Thursday, December 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Revati/Ashvini Nakshatra Pangha* Yoga Taitila/Gara Karana Dashamyam Titau		Sun 23 Sutra 249	
Meena Rasi: 27.19	Tithi 10	817137575	<b>Gulika</b> 9:33AM – 10:43AM Yama 7:14AM – 8:23AM <b>Rahu</b> 1:02PM – 2:12PM	<b>Revati Until 10:32AM</b> Parigha* Until 11:42PM Taitila Until 9:29AM <b>Dashami Until 8:50PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Purple Moon – Clear	Sunrise: 7:14AM Sunset: 4:31PM	Moon 11 - Phase 35 - 23 4th Phase
Creative Work	Siddha Yoga		<b>Day 1 of Pancha Ganapati</b>		<b>Subha Sivaloka Day</b>		
Until 10:32AM					<b>Margasira*Markali</b>		
Then Creative Work - Amrita Yoga							
<b>2</b>		<b>Friday, December 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Ashvini/Bharani Nakshatra Shiva Yoga Vanija/Visti* Karana Ekadashyam Titau		Sun 24 Sutra 250	
Mesha Rasi: 10.59	Tithi 11	828137575	<b>Gulika</b> 8:24AM – 9:34AM Yama 2:12PM – 3:22PM <b>Rahu</b> 10:43AM – 11:53AM	<b>Ashvini Until 10:08AM</b> Shiva Until 9:40PM Vanija Until 8:17AM <b>Ekadashi Until 7:46PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Purple Moon – White	Sunrise: 7:14AM Sunset: 4:32PM	Moon 11 - Phase 35 - 24 4th Phase
Creative Work	Amrita Yoga		<b>Day 2 of Pancha Ganapati</b>		<b>Subha Sivaloka Day</b>		
Until 10:08AM					<b>Margasira*Markali</b>		
Then Creative Work - Siddha Yoga							
<b>3</b>		<b>Saturday, December 23, 2023</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Bharani/Krittika Nakshatra Siddha Yoga Bava/Balava Karana Dvadashyam Titau		Sun 25 Sutra 251	
Mesha Rasi: 24.3	Tithi 12	828137575	<b>Gulika</b> 7:15AM – 8:24AM Yama 1:03PM – 2:13PM <b>Rahu</b> 9:34AM – 10:44AM	<b>Bharani Until 9:51AM</b> Siddha Until 7:48PM Bava Until 7:21AM <b>Dvadashi Until 6:58PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Purple Moon – White	Sunrise: 7:15AM Sunset: 4:32PM	Moon 11 - Phase 35 - 25 4th Phase
Creative Work	Siddha Yoga		<b>Day 3 of Pancha Ganapati</b>		<b>Subha Sivaloka Day</b>		
Until 9:51AM					<b>Margasira*Markali</b>		
Then Creative Work - Amrita Yoga							
<b>4</b>		<b>Sunday, December 24, 2023</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Krittika/Rohini Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau		Sun 26 Sutra 252	
Vrishabha Rasi: 7.52	Tithi 13	828137575	<b>Gulika</b> 2:13PM – 3:23PM Yama 11:54AM – 1:04PM <b>Rahu</b> 3:23PM – 4:33PM	<b>Krittika Until 9:42AM</b> Sadhya Until 6:12PM Kaulava Until 6:42AM <b>Trayodashi Until 6:28PM</b>	<b>Ganesha:</b> Clear <b>Muruga:</b> White <b>Nataraja:</b> Purple Moon – White	Sunrise: 7:15AM Sunset: 4:33PM	Moon 11 - Phase 35 - 26 4th Phase
Creative Work	Siddha Yoga		<b>Day 4 of Pancha Ganapati</b>		<b>Subha Sivaloka Day</b>		
					<b>Margasira*Markali</b>		
				<i>Pradosha Vrata</i>			
<b>5</b>		<b>Monday, December 25, 2023</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam Rohini/Mrigashira Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Chaturdashyam Titau		Sun 27 Sutra 253	
Vrishabha Rasi: 21.03	Tithi 14	838137575	<b>Gulika</b> 1:04PM – 2:14PM Yama 10:45AM – 11:54AM <b>Rahu</b> 8:25AM – 9:35AM	<b>Rohini Until 10:10AM</b> Subha Until 4:53PM Gara Until 6:22AM <b>Chaturdashi* Until 6:19PM</b>	<b>Ganesha:</b> White <b>Muruga:</b> White <b>Nataraja:</b> Purple Moon – Yellow	Sunrise: 7:15AM Sunset: 4:34PM	Moon 11 - Phase 35 - 27 4th Phase
<b>Family Home Evening</b>			<b>Day 5 of Pancha Ganapati</b>		<b>Sivaloka Day</b>		
Creative Work	Amrita Yoga				<b>Margasira*Markali</b>		
		<b>Tuesday, December 26, 2023</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam Mrigashira/Ardra Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Purnimayam Titau		Sun 28 Sutra 254	
Mithuna Rasi: 4.03	Tithi 15	838137576	<b>Gulika</b> 11:55AM – 1:05PM Yama 9:35AM – 10:45AM <b>Rahu</b> 2:15PM – 3:24PM	<b>Mrigashira Until 10:52AM</b> Sukla Until 3:51PM Visti Until 6:25AM <b>Purnima* Until 6:35PM</b>	<b>Ganesha:</b> White <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Yellow	Sunrise: 7:16AM Sunset: 4:34PM	Moon 11 - Phase 35 - Purnima
Creative Work	Siddha Yoga				<b>Devaloka Day</b>		
Until 10:52AM					<b>Margasira*Markali</b>		
Then Routine Work - Marana Yoga							
<b>6</b>		<b>Wednesday, December 27, 2023</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Ardra/Punarvasu Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Prathamayam Titau		Sun 29 Sutra 255	
Mithuna Rasi: 16.5	Tithi 16	838137576	<b>Gulika</b> 10:46AM – 11:55AM Yama 8:26AM – 9:36AM <b>Rahu</b> 11:55AM – 1:05PM	<b>Ardra Until 11:49AM</b> Brahma Until 3:10PM Balava Until 6:54AM <b>Prathama* Until 7:18PM</b>	<b>Ganesha:</b> White <b>Muruga:</b> White <b>Nataraja:</b> Clear Moon – Yellow	Sunrise: 7:16AM Sunset: 4:35PM	Moon 11 - Phase 35 - Prathama
Creative Work	Siddha Yoga				<b>Devaloka Day</b>		
					<b>Margasira*Markali</b>		
				<b>Ardra Darshanam</b>			

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



**Thursday, December 28, 2023**  
**Gold Retreat Star**

Mithuna Rasi: 29.25 Tithi 17  
 Creative Work Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam

Punarvasu/Pushya Nakshatra Indra/Vaidhriti\* Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 9:36AM – 10:46AM  
**Yama** 7:16AM – 8:26AM  
**Rahu** 1:06PM – 2:16PM

**Punarvasu Until 1:34PM**  
 Indra Until 2:52PM  
 Taitila Until 7:51AM  
**Dvitiya Until 8:30PM**

**Ganesha:** Blue *Sunrise: 7:16AM*  
**Muruga:** White *Sunset: 4:36PM*  
**Nataraja:** Clear  
 Moon – Blue  
**Margasira\*Markali**

Norman, OK  
 Sun 1 Sutra 256  
 Sobhana 5125  
 Moon 12 - Phase 36 - 1  
 1st Phase

**Subha Sivaloka Day**

**1 Friday, December 29, 2023**

Kataka Rasi: 11.46 Tithi 18  
 Routine Work Marana Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Pushya/Ashlesha\* Nakshatra Vaidhriti\*/Vishkambha\* Yoga Vanija/Visti\* Karana Tritiyayam Titau

**Gulika** 8:27AM – 9:37AM  
**Yama** 2:16PM – 3:26PM  
**Rahu** 10:47AM – 11:56AM

**Pushya Until 3:38PM**  
 Vaidhriti\* Until 2:56PM  
 Vanija Until 9:19AM  
**Tritiya Until 10:13PM**

**Ganesha:** Blue *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:36PM*  
**Nataraja:** Clear  
 Moon – Blue  
**Margasira\*Markali**

Norman, OK  
 Sun 2 Sutra 257  
 Sobhana 5125  
 Moon 12 - Phase 36 - 2  
 1st Phase

**Subha Sivaloka Day**

**2 Saturday, December 30, 2023**

Kataka Rasi: 23.55 Tithi 19  
 Routine Work Marana Yoga  
 Until 5:59PM  
 Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam  
 Ashlesha\*/Magha\* Nakshatra Vishkambha\*/Priti Yoga Bava/Balava Karana Chaturthyam Titau

**Gulika** 7:17AM – 8:27AM  
**Yama** 1:07PM – 2:17PM  
**Rahu** 9:37AM – 10:47AM

**Ashlesha\* Until 5:59PM**  
 Vishkambha\* Until 3:22PM  
 Bava Until 11:17AM  
**Chaturthi\* Until 12:24AM Sun**

**Ganesha:** Blue *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:37PM*  
**Nataraja:** Clear  
 Moon – Blue  
**Margasira\*Markali**

Norman, OK  
 Sun 3 Sutra 258  
 Sobhana 5125  
 Moon 12 - Phase 36 - 3  
 1st Phase

**Subha Sivaloka Day**

**3 Sunday, December 31, 2023**

Simha Rasi: 5.53 Tithi 20  
 Routine Work Marana Yoga  
 Until 9:02PM  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Magha\* Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Panchamyam Titau

**Gulika** 2:18PM – 3:28PM  
**Yama** 11:57AM – 1:08PM  
**Rahu** 3:28PM – 4:38PM

**Magha\* Until 9:02PM**  
 Priti Until 4:06PM  
 Kaulava Until 1:39PM  
**Panchami Until 2:55AM Mon**

**Ganesha:** Red *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:38PM*  
**Nataraja:** Clear  
 Moon – Red  
**Margasira\*Markali**

Norman, OK  
 Sun 4 Sutra 259  
 Sobhana 5125  
 Moon 12 - Phase 36 - 4  
 1st Phase

**Sivaloka Day**

**4 Monday, January 1, 2024**

Simha Rasi: 17.44 Tithi 21  
**Family Home Evening**  
 Creative Work Siddha Yoga  
 Until 12:07AM Tue  
 Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
 Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Gara/Vanija Karana Shashthyam Titau

**Gulika** 1:09PM – 2:19PM  
**Yama** 10:48AM – 11:58AM  
**Rahu** 8:28AM – 9:38AM

**Purvaphalguni Until 12:07AM Tue**  
 Ayushman Until 5:00PM  
 Gara Until 4:17PM  
**Shashthi\* Until 5:37AM Tue**

**Ganesha:** Red *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:40PM*  
**Nataraja:** Clear  
 Moon – Red  
**Margasira\*Markali**

Norman, OK  
 Sun 5 Sutra 260  
 Sobhana 5125  
 Moon 12 - Phase 36 - 5  
 1st Phase

**Sivaloka Day**

**5 Tuesday, January 2, 2024**

Simha Rasi: 29.33 Tithi 22  
 Creative Work Amrita Yoga  
 Until 3:02AM Wed  
 Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Uttaraphalguni Nakshatra Saubhagya/Sobhana Yoga Visti\* Karana Saptamyam Titau

**Gulika** 11:59AM – 1:09PM  
**Yama** 9:38AM – 10:49AM  
**Rahu** 2:20PM – 3:30PM

**Uttaraphalguni Until 3:02AM Wed**  
 Saubhagya Until 5:57PM  
 Visti Until 6:59PM  
**Saptami Until 8:16AM Wed**

**Ganesha:** Red *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:40PM*  
**Nataraja:** Clear  
 Moon – Red  
**Margasira\*Markali**

Norman, OK  
 Sun 6 Sutra 261  
 Sobhana 5125  
 Moon 12 - Phase 36 - 6  
 1st Phase

**Sivaloka Day**

**Wednesday, January 3, 2024**  
**Retreat Star**

Kanya Rasi: 11.22 Tithi 22 – 23  
 Routine Work Marana Yoga  
 Until 6:01AM Thu  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
 Hasta Nakshatra Sobhana Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika** 10:49AM – 11:59AM  
**Yama** 8:28AM – 9:38AM  
**Rahu** 11:59AM – 1:10PM

**Hasta Until 6:01AM Thu**  
 Sobhana Until 6:47PM  
 Balava Until 9:30PM  
**Saptami Until 8:16AM**

**Ganesha:** Green *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:41PM*  
**Nataraja:** Clear  
 Moon – Green  
**Margasira\*Markali**

Norman, OK  
 Sun 7 Sutra 262  
 Sobhana 5125  
 Moon 12 - Phase 36 - 7  
 Ashtami

**Subha Sivaloka Day**

**Thursday, January 4, 2024**  
**Retreat Star**

Kanya Rasi: 23.19 Tithi 23 – 24  
 Routine Work Marana Yoga  
 Until 6:01AM  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
 Hasta/Chitra Nakshatra Athiganda\* Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

**Gulika** 9:39AM – 10:49AM  
**Yama** 7:17AM – 8:28AM  
**Rahu** 1:10PM – 2:21PM

**Hasta Until 6:01AM**  
 Athiganda\* Until 7:16PM  
 Taitila Until 11:32PM  
**Ashtami\* Until 10:34AM**

**Ganesha:** Green *Sunrise: 7:17AM*  
**Muruga:** White *Sunset: 4:42PM*  
**Nataraja:** Clear  
 Moon – Green  
**Margasira\*Markali**

Norman, OK  
 Sun 8 Sutra 263  
 Sobhana 5125  
 Moon 12 - Phase 36 - 8  
 Navami

**Subha Sivaloka Day**

<b>1</b>		<b>Friday, January 5, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam Chitra/Svati Nakshatra Sukarma Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 9		Sutra 264	
Tula Rasi: 5.28	Tithi 24 – 25	<b>Gulika</b>	<b>8:28AM – 9:39AM</b>	<b>Chitra Until 8:18AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:17AM			Sobhana 5125
		Yama	2:22PM – 3:32PM	Sukarma Until 7:16PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:43PM	Moon 12 - Phase 37 - 10		2nd Phase
Creative Work	Siddha Yoga	861137576 <b>Rahu</b>	<b>10:50AM – 12:00PM</b>	Vanija Until 12:53AM Sat	<b>Nataraja:</b> Clear				
				<b>Subramuniyaswami Jayanti</b>	<b>Navami* Until 12:17PM</b>			<b>Sivaloka Day</b>	
					<b>Margasira*Markali</b>				

<b>2</b>		<b>Saturday, January 6, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam Svati/Vishakha Nakshatra Dhriti Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Sun 10		Sutra 265	
Tula Rasi: 17.56	Tithi 25 – 26	<b>Gulika</b>	<b>7:17AM – 8:28AM</b>	<b>Svati Until 9:44AM</b>	<b>Ganesha:</b> Orange	<i>Sunrise:</i> 7:17AM			Sobhana 5125
		Yama	1:12PM – 2:22PM	Dhriti Until 6:40PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:44PM	Moon 12 - Phase 37 - 10		2nd Phase
Creative Work	Siddha Yoga	861137576 <b>Rahu</b>	<b>9:39AM – 10:50AM</b>	Bava Until 1:23AM Sun	<b>Nataraja:</b> Clear				
				<b>Dashami Until 1:13PM</b>	<b>Margasira*Markali</b>			<b>Sivaloka Day</b>	

<b>3</b>		<b>Sunday, January 7, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam Vishakha/Anuradha Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 11		Sutra 266	
Vrischika Rasi: 0.47	Tithi 26 – 27	<b>Gulika</b>	<b>2:23PM – 3:34PM</b>	<b>Vishakha Until 10:38AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:17AM			Sobhana 5125
		Yama	12:01PM – 1:12PM	Shula* Until 5:21PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:45PM	Moon 12 - Phase 37 - 11		2nd Phase
Routine Work	Marana Yoga	871137576 <b>Rahu</b>	<b>3:34PM – 4:45PM</b>	Kaulava Until 1:01AM Mon	<b>Nataraja:</b> Clear				
				<b>Ekadashi* Until 1:17PM</b>	<b>Margasira*Markali</b>			<b>Devaloka Day</b>	

<b>4</b>		<b>Monday, January 8, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Ganda*/Vridhhi Yoga Talita/Gara Karana Dvadashi/Trayodashyam Titau		Sun 12		Sutra 267	
Vrischika Rasi: 14.05	Tithi 27 – 28	<b>Gulika</b>	<b>1:13PM – 2:24PM</b>	<b>Anuradha Until 10:32AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:17AM			Sobhana 5125
<b>Family Home Evening</b>		Yama	10:50AM – 12:02PM	Ganda* Until 3:24PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:46PM	Moon 12 - Phase 37 - 12		2nd Phase
Creative Work	Siddha Yoga	871137576 <b>Rahu</b>	<b>8:28AM – 9:39AM</b>	Gara Until 11:49PM	<b>Nataraja:</b> Clear				
				<b>Dvadashi* Until 12:30PM</b>	<b>Margasira*Markali</b>			<b>Devaloka Day</b>	
				<i>Pradosha Vrata (Fasting)</i>					

<b>5</b>		<b>Tuesday, January 9, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Vridhhi/Dhruva Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 13		Sutra 268	
Vrischika Rasi: 27.51	Tithi 28 – 29	<b>Gulika</b>	<b>12:02PM – 1:13PM</b>	<b>Jyeshtha* Until 9:32AM</b>	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 7:17AM			Sobhana 5125
		Yama	9:39AM – 10:51AM	Vridhhi Until 12:51PM	<b>Muruga:</b> White	<i>Sunset:</i> 4:47PM	Moon 12 - Phase 37 - 13		2nd Phase
Routine Work	Marana Yoga	871137576 <b>Rahu</b>	<b>2:25PM – 3:36PM</b>	Visti Until 9:53PM	<b>Nataraja:</b> Clear				
Until 9:32AM				<b>Trayodashi* Until 10:55AM</b>	<b>Margasira*Markali</b>			<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga									

<b>Retreat Star</b>		<b>Wednesday, January 10, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam Mula*/Purvashadha* Nakshatra Dhruva/Vyaghata* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 14		Sutra 269	
Dhanus Rasi: 12.02	Tithi 29 – 30	<b>Gulika</b>	<b>10:51AM – 12:02PM</b>	<b>Mula* Until 8:09AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:17AM			Sobhana 5125
		Yama	8:28AM – 9:40AM	Dhruva Until 9:46AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:48PM	Moon 12 - Phase 37 - 14		Amavasya
Routine Work	Marana Yoga	881137576 <b>Rahu</b>	<b>12:02PM – 1:14PM</b>	Catuspada Until 7:24PM	<b>Nataraja:</b> Clear				
Until 8:09AM				<b>Chaturdashi* Until 8:41AM</b>	<b>Margasira*Markali</b>			<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Hanumath Jayanthi (Tamil Nadu)</b>					

<b>Retreat Star</b>		<b>Thursday, January 11, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyaghata*/Harshana Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 15		Sutra 270	
Dhanus Rasi: 26.34	Tithi 1	<b>Gulika</b>	<b>9:40AM – 10:51AM</b>	<b>Purvashadha* Until 6:09AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 7:16AM			Sobhana 5125
		Yama	7:16AM – 8:28AM	Vyaghata* Until 6:18AM	<b>Muruga:</b> White	<i>Sunset:</i> 4:49PM	Moon 12 - Phase 37 - 15		Prathama
Creative Work	Siddha Yoga	881137576 <b>Rahu</b>	<b>1:14PM – 2:26PM</b>	Kintughna Until 4:30PM	<b>Nataraja:</b> Clear				
Until 6:09AM				<b>Prathama* Until 2:56AM Fri</b>	<b>Pausha*Markali</b>			<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga									

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

<b>1 Friday, January 12, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam Shravana Nakshatra Vajra* Yoga Balava/Kaulava Karana Dvitiyayam Titau		Sun 16 Sutra 271	
Makara Rasi: 11.2	Tithi 2	<b>Gulika</b> 8:28AM – 9:40AM	<b>Shravana Until 1:21AM Sat</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:16AM	Sobhana 5125
		Yama 2:27PM – 3:38PM	Vajra* Until 10:44PM	<b>Muruga:</b> White <i>Sunset:</i> 4:50PM	Moon 12 - Phase 38 - 16
		891237576 <b>Rahu</b> 10:51AM – 12:03PM	Balava Until 1:21PM	<b>Nataraja:</b> Clear	3rd Phase
Routine Work Marana Yoga			<b>Dvitiya Until 11:44PM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
Until 1:21AM Sat				<b>Pausha*Markali</b>	
Then Creative Work - Siddha Yoga					

<b>2 Saturday, January 13, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Dhanishtha Nakshatra Siddhi Yoga Taitila/Gara Karana Tritiyayam Titau		Sun 17 Sutra 272	
Makara Rasi: 26.12	Tithi 3	<b>Gulika</b> 7:16AM – 8:28AM	<b>Dhanishtha Until 10:54PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:16AM	Sobhana 5125
		Yama 1:15PM – 2:27PM	Siddhi Until 6:54PM	<b>Muruga:</b> White <i>Sunset:</i> 4:51PM	Moon 12 - Phase 38 - 17
		891237576 <b>Rahu</b> 9:40AM – 10:52AM	Taitila Until 10:09AM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Tritiya Until 8:33PM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
Until 10:54PM				<b>Pausha*Markali</b>	
Then Creative Work - Amrita Yoga					

<b>3 Sunday, January 14, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak Nakshatra Vyatipata*/Variyan Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau		Sun 18 Sutra 273	
Kumbha Rasi: 11.01	Tithi 4 – 5	<b>Gulika</b> 2:28PM – 3:40PM	<b>Shatabhishak Until 8:30PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 7:15AM	Sobhana 5125
		Yama 12:04PM – 1:16PM	Vyatipata* Until 3:11PM	<b>Muruga:</b> White <i>Sunset:</i> 4:52PM	Moon 12 - Phase 38 - 18
		891237576 <b>Rahu</b> 3:40PM – 4:52PM	Vanija Until 7:02AM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Siddha Yoga			<b>Chaturthi* Until 5:32PM</b>	<b>Moon – Purple</b>	<b>Devaloka Day</b>
		<b>Thai Pongal</b>		<b>Pausha*Thai</b>	

<b>4 Monday, January 15, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Variyan/Panigha* Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau		Sun 19 Sutra 274	
Kumbha Rasi: 25.41	Tithi 5 – 6	<b>Gulika</b> 1:17PM – 2:29PM	<b>Purvaproshtapada* Until 6:40PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 7:15AM	Sobhana 5125
<b>Family Home Evening</b>		Yama 10:52AM – 12:04PM	Variyan Until 11:41AM	<b>Muruga:</b> White <i>Sunset:</i> 4:54PM	Moon 12 - Phase 38 - 19
Routine Work Marana Yoga		812237576 <b>Rahu</b> 8:27AM – 9:40AM	Kaulava Until 1:36AM Tue	<b>Nataraja:</b> Clear	3rd Phase
Until 6:40PM			<b>Panchami Until 2:48PM</b>	<b>Moon – Clear</b>	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Pausha*Thai</b>	

<b>5 Tuesday, January 16, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Panigha*/Shiva Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Sun 20 Sutra 275	
Meena Rasi: 10.05	Tithi 6 – 7	<b>Gulika</b> 12:05PM – 1:17PM	<b>Uttaraproshtapada Until 5:07PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 7:15AM	Sobhana 5125
		Yama 9:40AM – 10:52AM	Panigha* Until 8:30AM	<b>Muruga:</b> White <i>Sunset:</i> 4:55PM	Moon 12 - Phase 38 - 20
		812237576 <b>Rahu</b> 2:30PM – 3:42PM	Gara Until 11:29PM	<b>Nataraja:</b> Clear	3rd Phase
Creative Work Amrita Yoga			<b>Shashthi* Until 12:28PM</b>	<b>Moon – Clear</b>	<b>Devaloka Day</b>
Until 5:07PM				<b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga					

<b>Wednesday, January 17, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Siddha Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Sun 21 Sutra 276	
<b>Retreat Star</b>		<b>Gulika</b> 10:52AM – 12:05PM	<b>Revati Until 3:53PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 7:14AM	Sobhana 5125
Meena Rasi: 24.11	Tithi 7 – 8	Yama 8:27AM – 9:40AM	Siddha Until 3:15AM Thu	<b>Muruga:</b> White <i>Sunset:</i> 4:56PM	Moon 12 - Phase 38 - 21
		812237576 <b>Rahu</b> 12:05PM – 1:18PM	Visti Until 9:52PM	<b>Nataraja:</b> Clear	Ashtami
Routine Work Marana Yoga			<b>Saptami Until 10:36AM</b>	<b>Moon – Clear</b>	<b>Devaloka Day</b>
				<b>Pausha*Thai</b>	

<b>Thursday, January 18, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Sadhya Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 22 Sutra 277	
<b>Retreat Star</b>		<b>Gulika</b> 9:39AM – 10:52AM	<b>Ashvini Until 3:26PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:14AM	Sobhana 5125
Mesha Rasi: 7.59	Tithi 8 – 9	Yama 7:14AM – 8:27AM	Sadhya Until 1:13AM Fri	<b>Muruga:</b> White <i>Sunset:</i> 4:57PM	Moon 12 - Phase 38 - 22
		822237576 <b>Rahu</b> 1:18PM – 2:31PM	Balava Until 8:45PM	<b>Nataraja:</b> Clear	Navami
Creative Work Amrita Yoga			<b>Ashtami* Until 9:14AM</b>	<b>Moon – White</b>	<b>Sivaloka Day</b>
Until 3:26PM				<b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga					

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

<b>1 Friday, January 19, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Subha Yoga Kaulava/Taitila Karana Navami/Dashmyam Titau		Sun 23 Sutra 278	
Mesha Rasi: 21.29	Tithi 9 – 10	<b>Gulika</b> 8:26AM – 9:39AM	<b>Bharani Until 3:19PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:13AM	Sobhana 5125
		Yama 2:32PM – 3:45PM	Subha Until 11:35PM	<b>Muruga:</b> White <i>Sunset:</i> 4:58PM	Moon 12 - Phase 39 - 23
		822237576 <b>Rahu</b> 10:52AM – 12:06PM	Taitila Until 8:08PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Navami* Until 8:22AM</b>	Moon – White	<b>Sivaloka Day</b>
				Pausha*Thai	

<b>2 Saturday, January 20, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Sukla Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Sun 24 Sutra 279	
Mrishabha Rasi: 4.43	Tithi 10 – 11	<b>Gulika</b> 7:13AM – 8:26AM	<b>Krittika Until 3:30PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 7:13AM	Sobhana 5125
		Yama 1:19PM – 2:33PM	Sukla Until 10:17PM	<b>Muruga:</b> White <i>Sunset:</i> 4:59PM	Moon 12 - Phase 39 - 24
		822237576 <b>Rahu</b> 9:39AM – 10:53AM	Vanija Until 7:57PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Amrita Yoga		<b>Dashami Until 7:58AM</b>	Moon – White	<b>Sivaloka Day</b>
				Pausha*Thai	

<b>3 Sunday, January 21, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini/Mrigashira Nakshatra Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Sun 25 Sutra 280	
Mrishabha Rasi: 17.44	Tithi 11 – 12	<b>Gulika</b> 2:33PM – 3:47PM	<b>Rohini Until 4:24PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:12AM	Sobhana 5125
		Yama 12:06PM – 1:20PM	Brahma Until 9:17PM	<b>Muruga:</b> White <i>Sunset:</i> 5:00PM	Moon 12 - Phase 39 - 25
		832237576 <b>Rahu</b> 3:47PM – 5:00PM	Bava Until 8:11PM	<b>Nataraja:</b> Clear	4th Phase
Creative Work	Siddha Yoga		<b>Ekadashi Until 8:00AM</b>	Moon – Yellow	<b>Devaloka Day</b>
				Pausha*Thai	

<b>4 Monday, January 22, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira/Ardra Nakshatra Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Sun 26 Sutra 281	
Mithuna Rasi: 0.34	Tithi 12 – 13	<b>Gulika</b> 1:20PM – 2:34PM	<b>Mrigashira Until 5:30PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:11AM	Sobhana 5125
<b>Family Home Evening</b>		Yama 10:53AM – 12:06PM	Indra Until 8:36PM	<b>Muruga:</b> White <i>Sunset:</i> 5:02PM	Moon 12 - Phase 39 - 26
Creative Work	Amrita Yoga	832237576 <b>Rahu</b> 8:25AM – 9:39AM	Kaulava Until 8:48PM	<b>Nataraja:</b> Clear	4th Phase
Until 5:30PM			<b>Dvadashi Until 8:25AM</b>	Moon – Yellow	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				Pausha*Thai	
				Pradosha Vrata	

<b>5 Tuesday, January 23, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vaidhriti* Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau		Sun 27 Sutra 282	
Mithuna Rasi: 13.13	Tithi 13 – 14	<b>Gulika</b> 12:07PM – 1:21PM	<b>Ardra Until 6:48PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:11AM	Sobhana 5125
		Yama 9:39AM – 10:53AM	Vaidhriti* Until 8:10PM	<b>Muruga:</b> White <i>Sunset:</i> 5:03PM	Moon 12 - Phase 39 - 27
		832237576 <b>Rahu</b> 2:35PM – 3:49PM	Gara Until 9:46PM	<b>Nataraja:</b> Clear	4th Phase
Routine Work	Marana Yoga		<b>Trayodashi Until 9:13AM</b>	Moon – Yellow	<b>Devaloka Day</b>
Until 6:48PM				Pausha*Thai	
Then Creative Work - Siddha Yoga					

<b>Wednesday, January 24, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Vishkambha* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau		Norman, OK Sutra 283	
<b>Copper Retreat Star</b>		<b>Gulika</b> 10:53AM – 12:07PM	<b>Punarvasu Until 8:47PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 7:10AM	Sobhana 5125
Mithuna Rasi: 25.43	Tithi 14 – 15	Yama 8:24AM – 9:38AM	Vishkambha* Until 8:02PM	<b>Muruga:</b> White <i>Sunset:</i> 5:04PM	Moon 12 - Phase 39 - Purnima
		842237576 <b>Rahu</b> 12:07PM – 1:21PM	Visti Until 11:07PM	<b>Nataraja:</b> Clear	
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 10:23AM</b>	Moon – Blue	<b>Sivaloka Day</b>
				Pausha*Thai	

<b>Thursday, January 25, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Pushya Nakshatra Priti Yoga Bava/Balava Karana Purnima/Prathamayam Titau		Norman, OK Sutra 284	
<b>Silver Retreat Star</b>		<b>Gulika</b> 9:38AM – 10:53AM	<b>Pushya Until 10:57PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 7:09AM	Sobhana 5125
Kataka Rasi: 8.02	Tithi 15 – 16	Yama 7:09AM – 8:24AM	Priti Until 8:11PM	<b>Muruga:</b> White <i>Sunset:</i> 5:05PM	Moon 12 - Phase 39 - Prathama
		942237576 <b>Rahu</b> 1:22PM – 2:36PM	Balava Until 12:50AM Fri	<b>Nataraja:</b> Clear	
Creative Work	Amrita Yoga		<b>Purnima* Until 11:55AM</b>	Moon – Blue	<b>Devaloka Day</b>
Until 10:57PM		<b>Thai Pusam</b>		Pausha*Thai	
Then Creative Work - Siddha Yoga					

**Friday, January 26, 2024**  
**Gold Retreat Star**

Kataka Rasi: 20.13 Tithi 16 – 17

942237576

Routine Work Marana Yoga  
 Until 1:19AM Sat  
 Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Ashlesha\* Nakshatra Ayushman Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau  
**Gulika 8:23AM – 9:38AM**  
 Yama 2:37PM – 3:52PM  
**Rahu 10:53AM – 12:07PM**  
**Ashlesha\* Until 1:19AM Sat**  
 Ayushman Until 8:35PM  
 Taitila Until 2:56AM Sat  
**Prathama\* Until 1:49PM**  
**Ganesha: Blue** Sunrise: 7:08AM  
**Muruga: White** Sunset: 5:06PM  
**Nataraja: Clear**  
 Moon – Blue  
**Devaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 285  
 Sobhana 5125  
 Moon 13 - Phase 40 - 1st Phase

**1 Saturday, January 27, 2024**

Simha Rasi: 2.15 Tithi 17 – 18

952237576

Creative Work Amrita Yoga  
 Until 4:19AM Sun  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
 Magha\* Nakshatra Saubhagya Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau  
**Gulika 7:08AM – 8:23AM**  
 Yama 1:23PM – 2:38PM  
**Rahu 9:38AM – 10:53AM**  
**Magha\* Until 4:19AM Sun**  
 Saubhagya Until 9:16PM  
 Vanija Until 5:21AM Sun  
**Dvitiya Until 4:05PM**  
**Ganesha: Red** Sunrise: 7:08AM  
**Muruga: White** Sunset: 5:06PM  
**Nataraja: Clear**  
 Moon – Red  
**Sivaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 286  
 Sobhana 5125  
 Moon 13 - Phase 40 - 1st Phase

**2 Sunday, January 28, 2024**

Simha Rasi: 14.09 Tithi 18

952237576

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam  
 Purvaphalguni Nakshatra Sobhana Yoga Visti\* Karana Tritiyayam Titau  
**Gulika 2:38PM – 3:54PM**  
 Yama 12:08PM – 1:23PM  
**Rahu 3:54PM – 5:09PM**  
**Purvaphalguni Until 7:23AM Mon**  
 Sobhana Until 10:09PM  
 Visti Until 6:38PM  
**Tritiya Until 6:38PM**  
**Ganesha: Red** Sunrise: 7:07AM  
**Muruga: White** Sunset: 5:09PM  
**Nataraja: Clear**  
 Moon – Red  
**Sivaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 287  
 Sobhana 5125  
 Moon 13 - Phase 40 - 2nd Phase

**3 Monday, January 29, 2024**

Simha Rasi: 25.59 Tithi 19

953237576

**Family Home Evening**  
 Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam  
 Purvaphalguni/Uttaraphalguni Nakshatra Athiganda\* Yoga Bava/Balava Karana Chaturthiyam Titau  
**Gulika 1:23PM – 2:39PM**  
 Yama 10:52AM – 12:08PM  
**Rahu 8:21AM – 9:37AM**  
**Purvaphalguni Until 7:23AM**  
 Athiganda\* Until 11:08PM  
 Bava Until 8:00AM  
**Chaturthi\* Until 9:22PM**  
**Ganesha: Yellow** Sunrise: 7:06AM  
**Muruga: White** Sunset: 5:10PM  
**Nataraja: Clear**  
 Moon – Red  
**Sivaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 288  
 Sobhana 5125  
 Moon 13 - Phase 40 - 3rd Phase

**4 Tuesday, January 30, 2024**

Kanya Rasi: 7.46 Tithi 20

953237576

Creative Work Amrita Yoga  
 Until 10:22AM  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
 Uttaraphalguni/Hasta Nakshatra Sukarma Yoga Kaulava/Taitila Karana Panchamyam Titau  
**Gulika 12:08PM – 1:24PM**  
 Yama 9:37AM – 10:52AM  
**Rahu 2:40PM – 3:55PM**  
**Uttaraphalguni Until 10:22AM**  
 Sukarma Until 12:07AM Wed  
 Kaulava Until 10:45AM  
**Panchami Until 12:05AM Wed**  
**Ganesha: Yellow** Sunrise: 7:05AM  
**Muruga: White** Sunset: 5:11PM  
**Nataraja: Clear**  
 Moon – Red  
**Sivaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 289  
 Sobhana 5125  
 Moon 13 - Phase 40 - 4th Phase

**5 Wednesday, January 31, 2024**

Kanya Rasi: 19.34 Tithi 21

963237576

Routine Work Marana Yoga  
 Until 1:36PM  
 Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
 Hasta/Chitra Nakshatra Dhriti\* Yoga Gara/Vanija Karana Shashthyam Titau  
**Gulika 10:52AM – 12:08PM**  
 Yama 8:20AM – 9:36AM  
**Rahu 12:08PM – 1:24PM**  
**Hasta Until 1:36PM**  
 Dhriti Until 12:56AM Thu  
 Gara Until 1:24PM  
**Shashthi\* Until 2:34AM Thu**  
**Ganesha: White** Sunrise: 7:04AM  
**Muruga: White** Sunset: 5:12PM  
**Nataraja: Clear**  
 Moon – Green  
**Devaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 290  
 Sobhana 5125  
 Moon 13 - Phase 40 - 5th Phase

**6 Thursday, February 1, 2024**

Tula Rasi: 1.29 Tithi 22

963237576

Creative Work Siddha Yoga  
 Until 4:19PM  
 Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
 Chitra/Svati Nakshatra Shula\* Yoga Visti\*/Bava Karana Saptamyam Titau  
**Gulika 9:36AM – 10:52AM**  
 Yama 7:04AM – 8:20AM  
**Rahu 1:24PM – 2:40PM**  
**Chitra Until 4:19PM**  
 Shula\* Until 1:24AM Fri  
 Visti Until 3:41PM  
**Saptami Until 4:35AM Fri**  
**Ganesha: White** Sunrise: 7:04AM  
**Muruga: White** Sunset: 5:12PM  
**Nataraja: Clear**  
 Moon – Green  
**Devaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 291  
 Sobhana 5125  
 Moon 13 - Phase 40 - 6th Phase

**Friday, February 2, 2024**

**Retreat Star**

Tula Rasi: 13.35 Tithi 23

963237576

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
 Svati Nakshatra Ganda\* Yoga Balava/Kaulava Karana Ashtamyam Titau  
**Gulika 8:19AM – 9:36AM**  
 Yama 2:41PM – 3:57PM  
**Rahu 10:52AM – 12:08PM**  
**Svati Until 6:19PM**  
 Ganda\* Until 1:22AM Sat  
 Balava Until 5:22PM  
**Ashtami\* Until 5:55AM Sat**  
**Ganesha: White** Sunrise: 7:03AM  
**Muruga: White** Sunset: 5:14PM  
**Nataraja: Clear**  
 Moon – Green  
**Devaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 292  
 Sobhana 5125  
 Moon 13 - Phase 40 - 7th Phase

**Saturday, February 3, 2024**

**Retreat Star**

Tula Rasi: 25.59 Tithi 24

973237576

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
 Vishakha Nakshatra Vriddhi Yoga Taitila Karana Navamyam Titau  
**Gulika 7:02AM – 8:19AM**  
 Yama 1:25PM – 2:42PM  
**Rahu 9:35AM – 10:52AM**  
**Vishakha Until 7:52PM**  
 Vriddhi Until 12:43AM Sun  
 Taitila Until 6:17PM  
**Navami\* Until 6:23AM Sun**  
**Ganesha: Clear** Sunrise: 7:02AM  
**Muruga: White** Sunset: 5:15PM  
**Nataraja: Clear**  
 Moon – Orange  
**Sivaloka Day**  
 Pausha\*Thai

Norman, OK  
 Sutra 293  
 Sobhana 5125  
 Moon 13 - Phase 40 - 8th Phase


<b>1</b>	<b>Sunday, February 4, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam	Norman, OK
		Anuradha Nakshatra Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau	Sun 9 Sutra 294
	Vrischika Rasi: 8.46 Tithi 24 – 25	<b>Gulika</b> 2:42PM – 3:59PM <b>Anuradha Until 8:24PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:01AM <i>Sobhana</i> 5125
	973237577 <b>Rahu</b> 3:59PM – 5:16PM	Dhruva Until 11:21PM	<b>Muruga:</b> White <i>Sunset:</i> 5:16PM <i>Moon</i> 13 - Phase 41 - 9
Routine Work Marana Yoga	Vanija Until 6:17PM	<b>Nataraja:</b> Orange <i>Moon – Orange</i> 2nd Phase	<b>Sivaloka Day</b>
	<b>Navami* Until 6:23AM</b>	<b>Pausha*Thai</b>	

<b>2</b>	<b>Monday, February 5, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam	Norman, OK
		Jyeshtha* Nakshatra Vyaghata* Yoga Bava/Balava Karana Ekadashyam Titau	Sun 10 Sutra 295
	Vrischika Rasi: 22 Tithi 26	<b>Gulika</b> 1:26PM – 2:43PM <b>Jyeshtha* Until 7:55PM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 7:00AM <i>Sobhana</i> 5125
	973237577 <b>Rahu</b> 8:17AM – 9:34AM	Vyaghata* Until 9:18PM	<b>Muruga:</b> White <i>Sunset:</i> 5:17PM <i>Moon</i> 13 - Phase 41 - 10
<b>Family Home Evening</b>	Bava Until 5:24PM	<b>Nataraja:</b> Orange <i>Moon – Orange</i> 2nd Phase	<b>Sivaloka Day</b>
Creative Work Siddha Yoga	<b>Ekadashi* Until 4:37AM Tue</b>	<b>Pausha*Thai</b>	

<b>3</b>	<b>Tuesday, February 6, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam	Norman, OK
		Mula* Nakshatra Harshana Yoga Kaulava/Taitila Karana Dvodashyam Titau	Sun 11 Sutra 296
	Dhanus Rasi: 5.44 Tithi 27	<b>Gulika</b> 12:09PM – 1:26PM <b>Mula* Until 6:55PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:59AM <i>Sobhana</i> 5125
	983337577 <b>Rahu</b> 2:44PM – 4:01PM	Harshana Until 6:36PM	<b>Muruga:</b> White <i>Sunset:</i> 5:18PM <i>Moon</i> 13 - Phase 41 - 11
Creative Work Amrita Yoga	Kaulava Until 3:40PM	<b>Nataraja:</b> Orange <i>Moon – Light Blue</i> 2nd Phase	<b>Devaloka Day</b>
Until 6:55PM	<b>Dvadashi* Until 2:31AM Wed</b>	<b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga			

<b>4</b>	<b>Wednesday, February 7, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam	Norman, OK
		Purvashadha*/Uttarashadha Nakshatra Vajra*/Siddhi* Yoga Gara/Vanija Karana Trayodashyam Titau	Sun 12 Sutra 297
	Dhanus Rasi: 19.57 Tithi 28	<b>Gulika</b> 10:51AM – 12:09PM <b>Purvashadha* Until 5:04PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:58AM <i>Sobhana</i> 5125
	983337577 <b>Rahu</b> 12:09PM – 1:27PM	Vajra* Until 3:19PM	<b>Muruga:</b> White <i>Sunset:</i> 5:20PM <i>Moon</i> 13 - Phase 41 - 12
Creative Work Amrita Yoga	Gara Until 1:13PM	<b>Nataraja:</b> Orange <i>Moon – Light Blue</i> 2nd Phase	<b>Devaloka Day</b>
	<b>Trayodashi* Until 11:46PM</b>	<b>Pausha*Thai</b>	
	<i>Pradosha Vrata (Fasting)</i>		

<b>5</b>	<b>Thursday, February 8, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam	Norman, OK
		Uttarashadha*/Shravana Nakshatra Siddhi*/Vyatipata* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau	Sun 13 Sutra 298
	Makara Rasi: 4.35 Tithi 29	<b>Gulika</b> 9:33AM – 10:51AM <b>Uttarashadha Until 2:34PM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:57AM <i>Sobhana</i> 5125
	983337577 <b>Rahu</b> 1:27PM – 2:45PM	Siddhi Until 11:37AM	<b>Muruga:</b> White <i>Sunset:</i> 5:21PM <i>Moon</i> 13 - Phase 41 - 13
Routine Work Marana Yoga	Visti Until 10:13AM	<b>Nataraja:</b> Orange <i>Moon – Light Blue</i> 2nd Phase	<b>Devaloka Day</b>
Until 2:34PM	<b>Chaturdashi* Until 8:32PM</b>	<b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga			

	<b>Friday, February 9, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam	Norman, OK
		Shravana/Dhanishtha Nakshatra Vyatipata*/Vanyan Yoga Catuspada*/Kintughna* Karana Amavasya/Prathamayam Titau	Sun 14 Sutra 299
	Makara Rasi: 19.33 Tithi 30 – 1	<b>Gulika</b> 8:14AM – 9:32AM <b>Shravana Until 11:59AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:56AM <i>Sobhana</i> 5125
	993337577 <b>Rahu</b> 10:51AM – 12:09PM	Vyatipata* Until 7:36AM	<b>Muruga:</b> White <i>Sunset:</i> 5:22PM <i>Moon</i> 13 - Phase 41 - 14
Routine Work Marana Yoga	Catuspada Until 6:49AM	<b>Nataraja:</b> Orange <i>Moon – Purple</i> Amavasya	<b>Devaloka Day</b>
Until 11:59AM	<b>Amavasya* Until 5:00PM</b>	<b>Pausha*Thai</b>	
Then Creative Work - Siddha Yoga			

<b>6</b>	<b>Saturday, February 10, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam	Norman, OK
		Dhanishtha/Shatabhishak Nakshatra Parigha* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau	Sun 15 Sutra 300
	Kumbha Rasi: 4.42 Tithi 1 – 2	<b>Gulika</b> 6:54AM – 8:13AM <b>Dhanishtha Until 9:05AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:54AM <i>Sobhana</i> 5125
	993337577 <b>Rahu</b> 9:32AM – 10:50AM	Parigha* Until 11:10PM	<b>Muruga:</b> White <i>Sunset:</i> 5:23PM <i>Moon</i> 13 - Phase 41 - 15
Creative Work Siddha Yoga	Balava Until 11:32PM	<b>Nataraja:</b> Orange <i>Moon – Purple</i> Prathama	<b>Devaloka Day</b>
Until 9:05AM	<b>Prathama* Until 1:21PM</b>	<b>Magha*Thai</b>	
Then Creative Work - Amrita Yoga			

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

**1 Sunday, February 11, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam  
 Shatabhishak/Purvaprosnthapada\* Nakshatra Shiva Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau

Kumbha Rasi: 19.52	Tithi 2 - 3	993337577	<b>Gulika</b> 2:47PM - 4:06PM Yama 12:09PM - 1:28PM <b>Rahu</b> 4:06PM - 5:25PM	<b>Shatabhishak Until 6:04AM</b> Shiva Until 7:03PM Taitila Until 8:00PM <b>Dvitiya Until 9:44AM</b>	<b>Ganesha:</b> Purple <b>Muruga:</b> White <b>Nataraja:</b> Orange Moon - Purple <b>Magha*Thai</b>	Sunrise: 6:53AM Sunset: 5:25PM	Sun 16 Sutra 301 Sobhana 5125 Moon 13 - Phase 42 - 16 3rd Phase
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Creative Work Siddha Yoga **Devaloka Day**

**2 Monday, February 12, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam  
 Uttaraaprosnthapada Nakshatra Siddha/Sadhya Yoga Gara/Visti\* Karana Tritiya/Chaturthayam Titau

Meena Rasi: 4.53	Tithi 3 - 4	914337577	<b>Gulika</b> 1:28PM - 2:47PM Yama 10:50AM - 12:09PM <b>Rahu</b> 8:11AM - 9:31AM	<b>Uttaraaprosnthapada Until 1:07AM Tue</b> Siddha Until 3:08PM Visti Until 3:15AM Tue <b>Tritiya Until 6:19AM</b>	<b>Ganesha:</b> Orange <b>Muruga:</b> White <b>Nataraja:</b> Orange Moon - Clear <b>Magha*Thai</b>	Sunrise: 6:52AM Sunset: 5:26PM	Sun 17 Sutra 302 Sobhana 5125 Moon 13 - Phase 42 - 17 3rd Phase
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Family Home Evening Creative Work Siddha Yoga **Sivaloka Day**

**3 Tuesday, February 13, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam  
 Revati Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Panchamyam Titau

Meena Rasi: 19.38	Tithi 5	914337577	<b>Gulika</b> 12:09PM - 1:28PM Yama 9:30AM - 10:49AM <b>Rahu</b> 2:48PM - 4:07PM	<b>Revati Until 11:04PM</b> Sadhya Until 11:34AM Bava Until 1:54PM <b>Panchami Until 12:40AM Wed</b>	<b>Ganesha:</b> Orange <b>Muruga:</b> White <b>Nataraja:</b> Orange Moon - Clear <b>Magha*Masi</b>	Sunrise: 6:51AM Sunset: 5:27PM	Sun 18 Sutra 303 Sobhana 5125 Moon 13 - Phase 42 - 18 3rd Phase
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Creative Work Siddha Yoga **Sivaloka Day**

**4 Wednesday, February 14, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam  
 Ashvini Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Shashthayam Titau

Mesha Rasi: 4.01	Tithi 6	924347577	<b>Gulika</b> 10:49AM - 12:09PM Yama 8:09AM - 9:29AM <b>Rahu</b> 12:09PM - 1:29PM	<b>Ashvini Until 9:53PM</b> Subha Until 8:27AM Kaulava Until 11:37AM <b>Shashthi* Until 10:41PM</b>	<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon - White <b>Magha*Masi</b>	Sunrise: 6:50AM Sunset: 5:28PM	Sun 19 Sutra 304 Sobhana 5125 Moon 13 - Phase 42 - 19 3rd Phase
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Routine Work Marana Yoga Until 9:53PM Then Creative Work - Siddha Yoga **Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**5 Thursday, February 15, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam  
 Bharani Nakshatra Brahma Yoga Gara/Vanija Karana Saptamyam Titau

Mesha Rasi: 18	Tithi 7	924347577	<b>Gulika</b> 9:29AM - 10:49AM Yama 6:48AM - 8:08AM <b>Rahu</b> 1:29PM - 2:49PM	<b>Bharani Until 9:13PM</b> Brahma Until 3:43AM Fri Gara Until 9:58AM <b>Saptami Until 9:22PM</b>	<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon - White <b>Magha*Masi</b>	Sunrise: 6:48AM Sunset: 5:29PM	Sun 20 Sutra 305 Sobhana 5125 Moon 13 - Phase 42 - 20 3rd Phase
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Creative Work Siddha Yoga Until 9:13PM Then Routine Work - Marana Yoga **Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**Friday, February 16, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam  
 Kritika Nakshatra Indra Yoga Visti\*/Bava Karana Ashtamyam Titau

**Retreat Star**

Vrishabha Rasi: 1.35	Tithi 8	924347577	<b>Gulika</b> 8:07AM - 9:28AM Yama 2:50PM - 4:10PM <b>Rahu</b> 10:48AM - 12:09PM	<b>Krittika Until 9:04PM</b> Indra Until 2:11AM Sat Visti Until 8:59AM <b>Ashtami* Until 8:44PM</b>	<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon - White <b>Magha*Masi</b>	Sunrise: 6:47AM Sunset: 5:31PM	Sun 21 Sutra 306 Sobhana 5125 Moon 13 - Phase 42 - 21 Ashtami
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Creative Work Siddha Yoga Until 9:04PM Then Routine Work - Marana Yoga **Bhuloka Day**  
Devaloka Time: 3:PM to 6:PM

**Saturday, February 17, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam  
 Rohini Nakshatra Vaidhriti\* Yoga Balava/Kaulava Karana Navamyam Titau

**Retreat Star**

Vrishabha Rasi: 14.47	Tithi 9	934347577	<b>Gulika</b> 6:46AM - 8:06AM Yama 1:29PM - 2:50PM <b>Rahu</b> 9:27AM - 10:48AM	<b>Rohini Until 9:51PM</b> Vaidhriti* Until 1:06AM Sun Balava Until 8:41AM <b>Navami* Until 8:45PM</b>	<b>Ganesha:</b> Red <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon - Yellow <b>Magha*Masi</b>	Sunrise: 6:46AM Sunset: 5:32PM	Sun 22 Sutra 307 Sobhana 5125 Moon 13 - Phase 42 - 22 Navami
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Creative Work Amrita Yoga Until 9:51PM Then Creative Work - Siddha Yoga **Devaloka Day**

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


<b>1</b>	<b>Sunday, February 18, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira Nakshatra Vishkambha* Yoga Taitila/Gara Karana Dashamyam Titau						Norman, OK Sun 23 Sutra 308
	Vrishabha Rasi: 27.4	Tithi 10	<b>Gulika</b> 2:51PM – 4:12PM	<b>Mrigashira Until 11:03PM</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:44AM		Sobhana 5125
			Yama 12:09PM – 1:30PM	Vishkambha* Until 12:30AM Mon	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:33PM	Moon 13 - Phase 43 - 23	4th Phase
	934347577	<b>Rahu</b> 4:12PM – 5:33PM	Taitila Until 9:00AM	<b>Nataraja:</b> Orange	Moon – Yellow			
Creative Work	Siddha Yoga		<b>Dashami Until 9:21PM</b>	<b>Magha*</b> Masi			<b>Devaloka Day</b>	

<b>2</b>	<b>Monday, February 19, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Ardra Nakshatra Priti Yoga Vanija/Visti* Karana Ekadashyam Titau						Norman, OK Sun 24 Sutra 309
	Mithuna Rasi: 10.17	Tithi 11	<b>Gulika</b> 1:30PM – 2:51PM	<b>Ardra Until 12:34AM Tue</b>	<b>Ganesh:</b> Red	<i>Sunrise:</i> 6:43AM		Sobhana 5125
	<b>Family Home Evening</b>		Yama 10:47AM – 12:09PM	Priti Until 12:16AM Tue	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:34PM	Moon 13 - Phase 43 - 24	4th Phase
	934347577	<b>Rahu</b> 8:04AM – 9:26AM	Vanija Until 9:52AM	<b>Nataraja:</b> Orange	Moon – Yellow			
Creative Work	Siddha Yoga		<b>Ekadashi Until 10:28PM</b>	<b>Magha*</b> Masi			<b>Devaloka Day</b>	

<b>3</b>	<b>Tuesday, February 20, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Ayushman Yoga Bava/Balava Karana Dvadashyam Titau						Norman, OK Sun 25 Sutra 310
	Mithuna Rasi: 22.42	Tithi 12	<b>Gulika</b> 12:08PM – 1:30PM	<b>Punarvasu Until 2:48AM Wed</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:42AM		Sobhana 5125
			Yama 9:25AM – 10:47AM	Ayushman Until 12:20AM Wed	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:35PM	Moon 13 - Phase 43 - 25	4th Phase
	944347577	<b>Rahu</b> 2:52PM – 4:14PM	Bava Until 11:12AM	<b>Nataraja:</b> Orange	Moon – Blue			
Creative Work	Siddha Yoga		<b>Dvadashi Until 12:00AM Wed</b>	<b>Magha*</b> Masi			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>4</b>	<b>Wednesday, February 21, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Pushya Nakshatra Saubhagya Yoga Kaulava/Taitila Karana Trayodashyam Titau						Norman, OK Sun 26 Sutra 311
	Kataka Rasi: 4.56	Tithi 13	<b>Gulika</b> 10:46AM – 12:08PM	<b>Pushya Until 5:12AM Thu</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:40AM		Sobhana 5125
			Yama 8:02AM – 9:24AM	Saubhagya Until 12:41AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:36PM	Moon 13 - Phase 43 - 26	4th Phase
	944347577	<b>Rahu</b> 12:08PM – 1:30PM	Kaulava Until 12:55PM	<b>Nataraja:</b> Orange	Moon – Blue			
Creative Work	Siddha Yoga		<b>Trayodashi Until 1:53AM Thu</b>	<b>Magha*</b> Masi			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
			<i>Pradosha Vrata</i>					

<b>5</b>	<b>Thursday, February 22, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Sobhana Yoga Gara/Vanija Karana Chaturdashyam Titau						Norman, OK Sun 27 Sutra 312
	Kataka Rasi: 17.03	Tithi 14	<b>Gulika</b> 9:24AM – 10:46AM	<b>Ashlesha* Until 7:43AM Fri</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:39AM		Sobhana 5125
			Yama 6:39AM – 8:01AM	Sobhana Until 1:16AM Fri	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:38PM	Moon 13 - Phase 43 - 27	4th Phase
	944347577	<b>Rahu</b> 1:31PM – 2:53PM	Gara Until 2:57PM	<b>Nataraja:</b> Orange	Moon – Blue			
Creative Work	Siddha Yoga	<b>Chidambaram Abhishekam</b>	<b>Chaturdashi* Until 4:03AM Fri</b>	<b>Magha*</b> Masi			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	
Until 7:43AM Fri								
Then Routine Work - Marana Yoga								

	<b>Friday, February 23, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Ashlesha*/Magha* Nakshatra Athiganda* Yoga Visti*/Bava Karana Purnimayam Titau						Norman, OK Sun 28 Sutra 313
	<b>Copper Retreat Star</b>		<b>Gulika</b> 8:00AM – 9:23AM	<b>Ashlesha* Until 7:43AM</b>	<b>Ganesh:</b> Blue	<i>Sunrise:</i> 6:38AM		Sobhana 5125
	Kataka Rasi: 29.03	Tithi 15	Yama 2:53PM – 4:16PM	Athiganda* Until 2:00AM Sat	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:39PM	Moon 13 - Phase 43 -	Purnima
	944347577	<b>Rahu</b> 10:45AM – 12:08PM	Visti Until 5:15PM	<b>Nataraja:</b> Orange	Moon – Blue			
Routine Work	Marana Yoga		<b>Purnima* Until 6:28AM Sat</b>	<b>Magha*</b> Masi			<b>Bhuloka Day</b> Devaloka Time: 3:PM to 6:PM	

<b>6</b>	<b>Saturday, February 24, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Sukarma Yoga Bava/Balava Karana Purnima/Prathamayam Titau						Norman, OK Sun 29 Sutra 314
	<b>Silver Retreat Star</b>		<b>Gulika</b> 6:36AM – 7:59AM	<b>Magha* Until 10:47AM</b>	<b>Ganesh:</b> White	<i>Sunrise:</i> 6:36AM		Sobhana 5125
	Simha Rasi: 10.58	Tithi 15 – 16	Yama 1:31PM – 2:54PM	Sukarma Until 2:54AM Sun	<b>Muruga:</b> Clear	<i>Sunset:</i> 5:40PM	Moon 13 - Phase 43 -	Prathama
	955347577	<b>Rahu</b> 9:22AM – 10:45AM	Balava Until 7:46PM	<b>Nataraja:</b> Orange	Moon – Red			
Creative Work	Amrita Yoga		<b>Purnima* Until 6:28AM</b>	<b>Magha*</b> Masi			<b>Sivaloka Day</b>	
Until 10:47AM								
Then Creative Work - Siddha Yoga								





**Sunday, February 25, 2024**  
**Gold Retreat Star**

Simha Rasi: 22.48 Tithi 16 – 17

Creative Work Siddha Yoga

Until 1:50PM

Then Creative Work - Amrita Yoga

955347577  
Rahu

**Gulika** 2:54PM – 4:18PM  
**Yama** 12:08PM – 1:31PM  
**Rahu** 4:18PM – 5:41PM

**Purvaphalguni Until 1:50PM**  
Dhriti Until 3:53AM Mon  
Taitila Until 10:25PM  
**Prathama\* Until 9:04AM**

**Ganesha:** White  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Masi**

**Sunrise:** 6:35AM  
**Sunset:** 5:41PM

Moon 1 - Phase 44 - 1st Phase

**Sivaloka Day**

# 1

**Monday, February 26, 2024**

Kanya Rasi: 5 Tithi 17 – 18

Family Home Evening

Creative Work Siddha Yoga

955347577  
Rahu

**Gulika** 1:31PM – 2:55PM  
**Yama** 10:44AM – 12:08PM  
**Rahu** 7:57AM – 9:20AM

**Uttaraphalguni Until 4:47PM**  
Shula\* Until 4:51AM Tue  
Vanija Until 1:05AM Tue  
**Dvitiya Until 11:44AM**

**Ganesha:** White  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Red  
**Magha\*Masi**

**Sunrise:** 6:33AM  
**Sunset:** 5:42PM

Norman, OK  
Sutra 316  
Sobhana 5125  
Moon 1 - Phase 44 - 1st Phase

**Sivaloka Day**

# 2

**Tuesday, February 27, 2024**

Kanya Rasi: 16.25 Tithi 18 – 19

Creative Work Siddha Yoga

965347577  
Rahu

**Gulika** 12:07PM – 1:31PM  
**Yama** 9:20AM – 10:44AM  
**Rahu** 2:55PM – 4:19PM

**Hasta Until 8:01PM**  
Ganda\* Until 5:44AM Wed  
Bava Until 3:40AM Wed  
**Tritiya Until 2:23PM**

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Masi**

**Sunrise:** 6:32AM  
**Sunset:** 5:43PM

Norman, OK  
Sutra 317  
Sobhana 5125  
Moon 1 - Phase 44 - 2 1st Phase

**Devaloka Day**

# 3

**Wednesday, February 28, 2024**

Kanya Rasi: 28.16 Tithi 19 – 20

Creative Work Siddha Yoga

965347577  
Rahu

**Gulika** 10:43AM – 12:07PM  
**Yama** 7:54AM – 9:19AM  
**Rahu** 12:07PM – 1:32PM

**Chitra Until 10:52PM**  
Vridhhi Until 6:26AM Thu  
Kaulava Until 5:57AM Thu  
**Chaturthi\* Until 4:50PM**

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Masi**

**Sunrise:** 6:30AM  
**Sunset:** 5:44PM

Norman, OK  
Sutra 318  
Sobhana 5125  
Moon 1 - Phase 44 - 3 1st Phase

**Devaloka Day**

# 4

**Thursday, February 29, 2024**

Tula Rasi: 10.13 Tithi 20

Creative Work Amrita Yoga

Until 1:11AM Fri

Then Creative Work - Siddha Yoga

965347577  
Rahu

**Gulika** 9:18AM – 10:43AM  
**Yama** 6:29AM – 7:53AM  
**Rahu** 1:32PM – 2:56PM

**Svati Until 1:11AM Fri**  
Vridhhi Until 6:26AM  
Taitila Until 6:56PM  
**Panchami Until 6:56PM**

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Green  
**Magha\*Masi**

**Sunrise:** 6:29AM  
**Sunset:** 5:45PM

Norman, OK  
Sutra 319  
Sobhana 5125  
Moon 1 - Phase 44 - 4 1st Phase

**Devaloka Day**

# 5

**Friday, March 1, 2024**

Tula Rasi: 22.22 Tithi 21

Creative Work Siddha Yoga

975347577  
Rahu

**Gulika** 7:51AM – 9:16AM  
**Yama** 2:57PM – 4:22PM  
**Rahu** 10:41AM – 12:07PM

**Vishakha Until 3:15AM Sat**  
Dhruva Until 6:45AM  
Gara Until 7:48AM  
**Shashthi\* Until 8:29PM**

**Ganesha:** Purple  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

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

Norman, OK  
Sutra 320  
Sobhana 5125  
Moon 1 - Phase 44 - 5 1st Phase

**Sivaloka Day**

# 6

**Saturday, March 2, 2024**

Vrischika Rasi: 4.45 Tithi 22

Creative Work Siddha Yoga

Until 4:28AM Sun

Then Routine Work - Marana Yoga

975447577  
Rahu

**Gulika** 6:24AM – 7:50AM  
**Yama** 1:32PM – 2:58PM  
**Rahu** 9:15AM – 10:41AM

**Anuradha Until 4:28AM Sun**  
Vyaghata\* Until 6:38AM  
Visti Until 9:02AM  
**Saptami Until 9:21PM**

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

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

Norman, OK  
Sutra 321  
Sobhana 5125  
Moon 1 - Phase 44 - 6 1st Phase

**Devaloka Day**

# D

**Sunday, March 3, 2024**  
**Retreat Star**

Vrischika Rasi: 17.28 Tithi 23

Routine Work Marana Yoga

Until 4:45AM Mon

Then Creative Work - Siddha Yoga

975447577  
Rahu

**Gulika** 2:58PM – 4:24PM  
**Yama** 12:06PM – 1:32PM  
**Rahu** 4:24PM – 5:50PM

**Jyeshtha\* Until 4:45AM Mon**  
Vajra\* Until 4:37AM Mon  
Balava Until 9:30AM  
**Ashtami\* Until 9:24PM**

**Ganesha:** Clear  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Orange  
**Magha\*Masi**

**Sunrise:** 6:23AM  
**Sunset:** 5:50PM

Norman, OK  
Sutra 322  
Sobhana 5125  
Moon 1 - Phase 44 - 7 Ashtami

**Devaloka Day**

# D

**Monday, March 4, 2024**  
**Retreat Star**

Dhanus Rasi: 1 Tithi 24

Family Home Evening

Creative Work Siddha Yoga

185447577  
Rahu

**Gulika** 1:32PM – 2:59PM  
**Yama** 10:40AM – 12:06PM  
**Rahu** 7:47AM – 9:14AM

**Mula\* Until 4:30AM Tue**  
Siddhi Until 2:38AM Tue  
Taitila Until 9:08AM  
**Navami\* Until 8:37PM**

**Ganesha:** Green  
**Muruga:** Clear  
**Nataraja:** Orange  
Moon – Light Blue  
**Magha\*Masi**

**Sunrise:** 6:21AM  
**Sunset:** 5:51PM

Norman, OK  
Sutra 323  
Sobhana 5125  
Moon 1 - Phase 44 - 8 Navami

**Bhuloka Day**

**Devaloka Time: 3:PM to 6:PM**

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

<b>1</b>		<b>Tuesday, March 5, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Mangala Vasara Yuktayam Purvashadha* Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9		Norman, OK Sutra 324	
Dhanus Rasi: 14.11		Tithi 25		186447577 <b>Gulika</b> 12:06PM – 1:32PM		<b>Purvashadha* Until 3:21AM Wed</b>		<b>Ganesha:</b> Red <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Light Blue	
Creative Work		Siddha Yoga		Yama 9:13AM – 10:39AM		Sunrise: 6:19AM		Sobhana 5125	
Until 3:21AM Wed		Then Creative Work - Amrita Yoga		196447577 <b>Rahu</b> 2:59PM – 4:26PM		Sunset: 5:52PM		Moon 1 - Phase 45 - 9	
				Vanija Until 7:57AM				2nd Phase	
				<b>Dashami Until 7:02PM</b>				<b>Devaloka Day</b>	
<b>2</b>		<b>Wednesday, March 6, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha Nakshatra Variyan Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Sun 10		Norman, OK Sutra 325	
Dhanus Rasi: 28.14		Tithi 26 – 27		186447577 <b>Gulika</b> 10:39AM – 12:06PM		<b>Uttarashadha Until 1:22AM Thu</b>		<b>Ganesha:</b> Red <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Light Blue	
Creative Work		Amrita Yoga		Yama 7:45AM – 9:12AM		Sunrise: 6:18AM		Sobhana 5125	
Until 1:22AM Thu		Then Creative Work - Siddha Yoga		196447577 <b>Rahu</b> 12:06PM – 1:32PM		Sunset: 5:53PM		Moon 1 - Phase 45 - 10	
				Kaulava Until 3:21AM Thu				2nd Phase	
				<b>Ekadashi* Until 4:43PM</b>				<b>Devaloka Day</b>	
<b>3</b>		<b>Thursday, March 7, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Shravana Nakshatra Parigha*/Shiva Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau		Sun 11		Norman, OK Sutra 326	
Makara Rasi: 12.44		Tithi 27 – 28		196447577 <b>Gulika</b> 9:11AM – 10:38AM		<b>Shravana Until 11:08PM</b>		<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Purple	
Creative Work		Siddha Yoga		Yama 6:16AM – 7:44AM		Sunrise: 6:16AM		Sobhana 5125	
Until 1:22AM Thu		Then Creative Work - Siddha Yoga		196447577 <b>Rahu</b> 1:33PM – 3:00PM		Sunset: 5:54PM		Moon 1 - Phase 45 - 11	
				Parigha* Until 5:12PM				2nd Phase	
				Gara Until 12:11AM Fri				<b>Sivaloka Day</b>	
				<b>Dvadashi* Until 1:48PM</b>					
<b>4</b>		<b>Friday, March 8, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha Nakshatra Shiva/Siddha Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau		Sun 12		Norman, OK Sutra 327	
Makara Rasi: 27.37		Tithi 28 – 29		196447577 <b>Gulika</b> 7:42AM – 9:10AM		<b>Dhanishtha Until 8:23PM</b>		<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Purple	
Creative Work		Siddha Yoga		Yama 3:00PM – 4:28PM		Sunrise: 6:15AM		Sobhana 5125	
Until 1:22AM Thu		Then Creative Work - Siddha Yoga		196447577 <b>Rahu</b> 10:37AM – 12:05PM		Sunset: 5:55PM		Moon 1 - Phase 45 - 12	
				Shiva Until 1:13PM				2nd Phase	
				Visti Until 8:40PM				<b>Sivaloka Day</b>	
				<b>Trayodashi* Until 10:27AM</b>					
<b>Retreat Star</b>		<b>Saturday, March 9, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Siddha/Sadhya Yoga Sakuni*/Naga* Karana Chaturdashi/Amavasyayam Titau		Sun 13		Norman, OK Sutra 328	
Kumbha Rasi: 12.44		Tithi 29 – 30		196447577 <b>Gulika</b> 6:13AM – 7:41AM		<b>Shatabhishak Until 5:17PM</b>		<b>Ganesha:</b> Green <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Purple	
Creative Work		Amrita Yoga		Yama 1:33PM – 3:01PM		Sunrise: 6:13AM		Sobhana 5125	
Until 5:17PM		Then Routine Work - Marana Yoga		196447577 <b>Rahu</b> 9:09AM – 10:37AM		Sunset: 5:56PM		Moon 1 - Phase 45 - 13	
				Siddha Until 9:00AM				Amavasya	
				Naga Until 3:01AM Sun				<b>Sivaloka Day</b>	
				<b>Chaturdashi* Until 6:48AM</b>					
<b>Retreat Star</b>		<b>Sunday, March 10, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Subha Yoga Kintughna*/Bava Karana Prathamayam Titau		Sun 14		Norman, OK Sutra 329	
Kumbha Rasi: 27.59		Tithi 1		116447577 <b>Gulika</b> 3:01PM – 4:29PM		<b>Purvaproshtapada* Until 2:25PM</b>		<b>Ganesha:</b> Orange <b>Muruga:</b> Clear <b>Nataraja:</b> Orange Moon – Clear	
Creative Work		Siddha Yoga		Yama 12:05PM – 1:33PM		Sunrise: 6:12AM		Sobhana 5125	
Until 2:25PM		Then Creative Work - Amrita Yoga		116447577 <b>Rahu</b> 4:29PM – 5:58PM		Sunset: 5:58PM		Moon 1 - Phase 45 - 14	
				Subha Until 12:28AM Mon				Prathama	
				Kintughna Until 1:09PM				<b>Devaloka Day</b>	
				<b>Prathama* Until 11:17PM</b>					

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

<b>Monday, March 11, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Sukla Yoga Balava/Kaulava Karana Dvitiyayam Titau		Sun 15 Sutra 330	
<b>1</b>	Meena Rasi: 13.1 Tithi 2	<b>Gulika</b> 1:33PM – 3:01PM	<b>Uttaraproshtapada Until 11:33AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:10AM	Sobhana 5125
Family Home Evening	116447577	Yama 10:36AM – 12:04PM	Sukla Until 8:23PM	<b>Muruga:</b> Clear <i>Sunset:</i> 5:59PM	Moon 1 - Phase 46 - 15
Creative Work Siddha Yoga		<b>Rahu</b> 7:39AM – 9:07AM	Balava Until 9:30AM	<b>Nataraja:</b> Orange	3rd Phase
			<b>Dvitiya Until 7:45PM</b>	Moon – Clear	<b>Devaloka Day</b>
				<b>Phalguna*Masi</b>	

<b>Tuesday, March 12, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Revati/Ashvini Nakshatra Brahma/Indra Yoga Taitila/Vanija Karana Tritiya/Chaturthyam Titau		Sun 16 Sutra 331	
<b>2</b>	Meena Rasi: 28.08 Tithi 3 – 4	<b>Gulika</b> 12:04PM – 1:33PM	<b>Revati Until 8:52AM</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:08AM	Sobhana 5125
	117447577	Yama 9:06AM – 10:35AM	Brahma Until 4:37PM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:00PM	Moon 1 - Phase 46 - 16
Creative Work Siddha Yoga		<b>Rahu</b> 3:02PM – 4:31PM	Taitila Until 6:08AM	<b>Nataraja:</b> Orange	3rd Phase
			<b>Tritiya Until 4:35PM</b>	Moon – Clear	<b>Bhuloka Day</b>
				<b>Phalguna*Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>

**Subramuniyaswami Siva Vision Day**

<b>Wednesday, March 13, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Indra/Vaidhriti* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Sun 17 Sutra 332	
<b>3</b>	Mesha Rasi: 12.47 Tithi 4 – 5	<b>Gulika</b> 10:34AM – 12:04PM	<b>Ashvini Until 6:54AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:07AM	Sobhana 5125
	127447577	Yama 7:36AM – 9:05AM	Indra Until 1:17PM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:01PM	Moon 1 - Phase 46 - 17
Routine Work Marana Yoga		<b>Rahu</b> 12:04PM – 1:33PM	Bava Until 12:52AM Thu	<b>Nataraja:</b> Orange	3rd Phase
Until 6:54AM			<b>Chaturthi* Until 1:56PM</b>	Moon – White	<b>Bhuloka Day</b>
Then Creative Work - Siddha Yoga				<b>Phalguna*Masi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>

<b>Thursday, March 14, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Panchami/Shashtyam Titau		Sun 18 Sutra 333	
<b>4</b>	Mesha Rasi: 27 Tithi 5 – 6	<b>Gulika</b> 9:04AM – 10:34AM	<b>Krittika Until 4:27AM Fri</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:05AM	Sobhana 5125
	127447578	Yama 6:05AM – 7:35AM	Vaidhriti* Until 10:27AM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:02PM	Moon 1 - Phase 46 - 18
Routine Work Marana Yoga		<b>Rahu</b> 1:33PM – 3:03PM	Kaulava Until 11:12PM	<b>Nataraja:</b> Clear	3rd Phase
			<b>Panchami Until 11:55AM</b>	Moon – White	<b>Bhuloka Day</b>
		<b>Karadaiyan Nombu (Tamil Nadu)</b>		<b>Phalguna*Panguni</b>	<b>Devaloka Time: 3:PM to 6:PM</b>

<b>Friday, March 15, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Sun 19 Sutra 334	
<b>5</b>	Vrishabha Rasi: 10.47 Tithi 6 – 7	<b>Gulika</b> 7:33AM – 9:03AM	<b>Rohini Until 4:33AM Sat</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:03AM	Sobhana 5125
	137447578	Yama 3:03PM – 4:33PM	Vishkambha* Until 8:12AM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:03PM	Moon 1 - Phase 46 - 19
Routine Work Marana Yoga		<b>Rahu</b> 10:33AM – 12:03PM	Gara Until 10:18PM	<b>Nataraja:</b> Clear	3rd Phase
Until 4:33AM Sat			<b>Shashthi* Until 10:38AM</b>	Moon – Yellow	<b>Devaloka Day</b>
Then Creative Work - Siddha Yoga				<b>Phalguna*Panguni</b>	

<b>Saturday, March 16, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Sun 20 Sutra 335	
<b>Retreat Star</b>	Vrishabha Rasi: 24.07 Tithi 7 – 8	<b>Gulika</b> 6:02AM – 7:32AM	<b>Mrigashira Until 5:15AM Sun</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:02AM	Sobhana 5125
	137447578	Yama 1:33PM – 3:03PM	Priti Until 6:35AM	<b>Muruga:</b> Clear <i>Sunset:</i> 6:04PM	Moon 1 - Phase 46 - 20
Creative Work Siddha Yoga		<b>Rahu</b> 9:02AM – 10:33AM	Visti Until 10:11PM	<b>Nataraja:</b> Clear	Ashtami
			<b>Saptami Until 10:07AM</b>	Moon – Yellow	<b>Devaloka Day</b>
				<b>Phalguna*Panguni</b>	

<b>Sunday, March 17, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Saubhagya Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Sun 21 Sutra 336	
<b>Retreat Star</b>	Mithuna Rasi: 7.03 Tithi 8 – 9	<b>Gulika</b> 3:04PM – 4:34PM	<b>Ardra Until 6:30AM Mon</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:00AM	Sobhana 5125
	137447578	Yama 12:03PM – 1:33PM	Saubhagya Until 5:05AM Mon	<b>Muruga:</b> Clear <i>Sunset:</i> 6:05PM	Moon 1 - Phase 46 - 21
Creative Work Siddha Yoga		<b>Rahu</b> 4:34PM – 6:05PM	Balava Until 10:48PM	<b>Nataraja:</b> Clear	Navami
Until 6:30AM Mon			<b>Ashtami* Until 10:23AM</b>	Moon – Yellow	<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga				<b>Phalguna*Panguni</b>	

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

<b>1</b>		<b>Monday, March 18, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Sobhana Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau		Norman, OK Sun 22 Sutra 337	
Mithuna Rasi: 19.38	Tithi 9 – 10	<b>Gulika</b>	<b>1:33PM – 3:04PM</b>	<b>Ardra Until 6:30AM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:59AM	Sobhana 5125
<b>Family Home Evening</b>	137447578	Yama	10:31AM – 12:02PM	Sobhana Until 5:06AM Tue	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:06PM	Moon 1 - Phase 47 - 22
Creative Work Siddha Yoga		<b>Rahu</b>	<b>7:29AM – 9:00AM</b>	Taitila Until 12:04AM Tue	<b>Nataraja:</b> Clear		4th Phase
Until 6:30AM				<b>Navami* Until 11:20AM</b>	Moon – Yellow		<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Phalguna*Panguni</b>		


<b>2</b>		<b>Tuesday, March 19, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu/Pushya Nakshatra Athiganda* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau		Norman, OK Sun 23 Sutra 338	
Kataka Rasi: 1.58	Tithi 10 – 11	<b>Gulika</b>	<b>12:02PM – 1:33PM</b>	<b>Punarvasu Until 8:39AM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:57AM	Sobhana 5125
	148447578	Yama	8:59AM – 10:31AM	Athiganda* Until 5:28AM Wed	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:07PM	Moon 1 - Phase 47 - 23
Creative Work Siddha Yoga		<b>Rahu</b>	<b>3:04PM – 4:36PM</b>	Vanija Until 1:51AM Wed	<b>Nataraja:</b> Clear		4th Phase
				<b>Dashami Until 12:53PM</b>	Moon – Blue		<b>Devaloka Day</b>
					<b>Phalguna*Panguni</b>		

<b>3</b>		<b>Wednesday, March 20, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Pushya/Ashlesha* Nakshatra Sukarma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau		Norman, OK Sun 24 Sutra 339	
Kataka Rasi: 14.05	Tithi 11 – 12	<b>Gulika</b>	<b>10:30AM – 12:02PM</b>	<b>Pushya Until 11:07AM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:55AM	Sobhana 5125
	148447578	Yama	7:27AM – 8:58AM	Sukarma Until 6:09AM Thu	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:08PM	Moon 1 - Phase 47 - 24
Creative Work Siddha Yoga		<b>Rahu</b>	<b>12:02PM – 1:33PM</b>	Bava Until 4:02AM Thu	<b>Nataraja:</b> Clear		4th Phase
		<b>Yogaswami Mahasamadhi</b>		<b>Ekadashi Until 2:53PM</b>	Moon – Blue		<b>Devaloka Day</b>
					<b>Phalguna*Panguni</b>		

<b>4</b>		<b>Thursday, March 21, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau		Norman, OK Sun 25 Sutra 340	
Kataka Rasi: 26.04	Tithi 12 – 13	<b>Gulika</b>	<b>8:58AM – 10:29AM</b>	<b>Ashlesha* Until 1:44PM</b>	<b>Ganesha:</b> Clear	<b>Sunrise:</b> 5:54AM	Sobhana 5125
	148447578	Yama	5:54AM – 7:26AM	Sukarma Until 6:09AM	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:09PM	Moon 1 - Phase 47 - 25
Creative Work Siddha Yoga		<b>Rahu</b>	<b>1:33PM – 3:05PM</b>	Kaulava Until 6:30AM Fri	<b>Nataraja:</b> Clear		4th Phase
Until 1:44PM				<b>Dvadashi Until 5:13PM</b>	Moon – Blue		<b>Devaloka Day</b>
Then Creative Work - Amrita Yoga					<b>Phalguna*Panguni</b>		
					<i>Pradosha Vrata</i>		

<b>5</b>		<b>Friday, March 22, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Dhriti/Shula* Yoga Kaulava/Taitila Karana Trayodashyam Titau		Norman, OK Sun 26 Sutra 341	
Simha Rasi: 7.56	Tithi 13	<b>Gulika</b>	<b>7:24AM – 8:57AM</b>	<b>Magha* Until 4:54PM</b>	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 5:52AM	Sobhana 5125
	158447578	Yama	3:06PM – 4:38PM	Dhriti Until 7:02AM	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:10PM	Moon 1 - Phase 47 - 26
Routine Work Marana Yoga		<b>Rahu</b>	<b>10:29AM – 12:01PM</b>	Kaulava Until 6:30AM	<b>Nataraja:</b> Clear		4th Phase
Until 4:54PM				<b>Trayodashi Until 7:46PM</b>	Moon – Red		<b>Sivaloka Day</b>
Then Creative Work - Siddha Yoga					<b>Phalguna*Panguni</b>		

<b>6</b>		<b>Saturday, March 23, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Shula*/Ganda* Yoga Gara/Vanija Karana Chaturdashyam Titau		Norman, OK Sun 27 Sutra 342	
Simha Rasi: 19.46	Tithi 14	<b>Gulika</b>	<b>5:50AM – 7:23AM</b>	<b>Purvaphalguni Until 8:00PM</b>	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 5:50AM	Sobhana 5125
	158447578	Yama	1:33PM – 3:06PM	Shula* Until 8:00AM	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:11PM	Moon 1 - Phase 47 - 27
Creative Work Siddha Yoga		<b>Rahu</b>	<b>8:56AM – 10:28AM</b>	Gara Until 9:05AM	<b>Nataraja:</b> Clear		4th Phase
Until 8:00PM				<b>Chaturdashi* Until 10:23PM</b>	Moon – Red		<b>Sivaloka Day</b>
Then Routine Work - Marana Yoga					<b>Phalguna*Panguni</b>		

		<b>Sunday, March 24, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni Nakshatra Ganda*/Vridhhi Yoga Visti*/Bava Karana Purnimayam Titau		Norman, OK Sutra 343	
<b>Copper Retreat Star</b>		<b>Gulika</b>	<b>3:06PM – 4:39PM</b>	<b>Uttaraphalguni Until 10:55PM</b>	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 5:49AM	Sobhana 5125
Kanya Rasi: 1.34	Tithi 15	Yama	12:00PM – 1:33PM	Ganda* Until 9:00AM	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:12PM	Moon 1 - Phase 47 -
	158447578	<b>Rahu</b>	<b>4:39PM – 6:12PM</b>	Visti Until 11:43AM	<b>Nataraja:</b> Clear		Purnima
Creative Work Amrita Yoga				<b>Purnima* Until 12:59AM Mon</b>	Moon – Red		<b>Sivaloka Day</b>
		<b>Panguni Uttiram</b>			<b>Phalguna*Panguni</b>		
		<b>Holi</b>					

<b>Monday, March 25, 2024</b>		<b>Silver Retreat Star</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam Hasta Nakshatra Vridhhi/Dhruva Yoga Balava/Kaulava Karana Prathamayam Titau		Norman, OK Sutra 344	
Kanya Rasi: 13.24	Tithi 16	<b>Gulika</b>	<b>1:33PM – 3:07PM</b>	<b>Hasta Until 2:02AM Tue</b>	<b>Ganesha:</b> Purple	<b>Sunrise:</b> 5:47AM	Sobhana 5125
<b>Family Home Evening</b>	169447578	Yama	10:27AM – 12:00PM	Vridhhi Until 9:57AM	<b>Muruga:</b> Clear	<b>Sunset:</b> 6:13PM	Moon 1 - Phase 47 -
Creative Work Siddha Yoga		<b>Rahu</b>	<b>7:20AM – 8:54AM</b>	Balava Until 2:15PM	<b>Nataraja:</b> Clear		Prathama
				<b>Prathama* Until 3:26AM Tue</b>	Moon – Green		<b>Bhuloka Day</b>
					<b>Phalguna*Panguni</b>		<b>Devaloka Time: 3:PM to 6:PM</b>

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

All times are standard time. Calculated for Norman, OK on 11/20/21

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**Tuesday, March 26, 2024**  
**Gold Retreat Star**

Kanya Rasi: 25.17 Tithi 17  
169447578  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Chitra Nakshatra Dhruva/Vyaghata\* Yoga Taitila/Gara Karana Dvitiyayam Titau  
**Gulika 12:00PM – 1:33PM**  
Yama 8:53AM – 10:26AM  
**Rahu 3:07PM – 4:41PM**  
**Chitra Until 4:45AM Wed**  
Dhruva Until 10:45AM  
Taitila Until 4:35PM  
**Dvitiya Until 5:38AM Wed**

Norman, OK Sutra 345  
Sobhana 5125  
Moon 2 - Phase 48 - 1st Phase  
**Ganesh: Purple Sunrise: 5:45AM**  
**Muruga: Clear Sunset: 6:14PM**  
**Nataraja: Clear**  
Moon – Green  
**Bhuloka Day**  
Phalguna•Panguni Devaloka Time: 3:PM to 6:PM

**1 Wednesday, March 27, 2024**

Tula Rasi: 7.17 Tithi 18  
169447578  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Svati Nakshatra Vyaghata\*/Harshana Yoga Vanija Karana Tritiyayam Titau  
**Gulika 10:26AM – 12:00PM**  
Yama 7:18AM – 8:52AM  
**Rahu 12:00PM – 1:33PM**  
**Svati Until 6:59AM Thu**  
Vyaghata\* Until 11:22AM  
Vanija Until 6:38PM  
**Tritiya Until 7:29AM Thu**

Norman, OK Sutra 346  
Sobhana 5125  
Moon 2 - Phase 48 - 1st Phase  
**Ganesh: Purple Sunrise: 5:44AM**  
**Muruga: Clear Sunset: 6:15PM**  
**Nataraja: Clear**  
Moon – Green  
**Bhuloka Day**  
Phalguna•Panguni Devaloka Time: 3:PM to 6:PM

**2 Thursday, March 28, 2024**

Tula Rasi: 19.25 Tithi 18 – 19  
169547578  
Creative Work Amrita Yoga  
Until 6:59AM  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Svati/Vishakha Nakshatra Harshana/Vajra\* Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau  
**Gulika 8:51AM – 10:25AM**  
Yama 5:42AM – 7:16AM  
**Rahu 1:34PM – 3:08PM**  
**Svati Until 6:59AM**  
Harshana Until 11:43AM  
Bava Until 8:17PM  
**Tritiya Until 7:29AM**

Norman, OK Sutra 347  
Sobhana 5125  
Moon 2 - Phase 48 - 2 1st Phase  
**Ganesh: Clear Sunrise: 5:42AM**  
**Muruga: Clear Sunset: 6:16PM**  
**Nataraja: Clear**  
Moon – Green  
**Devaloka Day**  
Phalguna•Panguni

**3 Friday, March 29, 2024**

Vrischika Rasi: 1.43 Tithi 19 – 20  
179547578  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vajra\*/Siddhi Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau  
**Gulika 7:15AM – 8:50AM**  
Yama 3:08PM – 4:43PM  
**Rahu 10:24AM – 11:59AM**  
**Vishakha Until 9:07AM**  
Vajra\* Until 11:42AM  
Kaulava Until 9:27PM  
**Chaturthi\* Until 8:54AM**

Norman, OK Sutra 348  
Sobhana 5125  
Moon 2 - Phase 48 - 3 1st Phase  
**Ganesh: White Sunrise: 5:41AM**  
**Muruga: Clear Sunset: 6:17PM**  
**Nataraja: Clear**  
Moon – Orange  
**Sivaloka Day**  
Phalguna•Panguni

**4 Saturday, March 30, 2024**

Vrischika Rasi: 14.14 Tithi 20 – 21  
179547578  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Siddhi/Vyatipata\* Yoga Taitila/Gara Karana Panchami/Shashthyam Titau  
**Gulika 5:39AM – 7:14AM**  
Yama 1:34PM – 3:08PM  
**Rahu 8:49AM – 10:24AM**  
**Anuradha Until 10:36AM**  
Siddhi Until 11:17AM  
Gara Until 10:03PM  
**Panchami Until 9:48AM**

Norman, OK Sutra 349  
Sobhana 5125  
Moon 2 - Phase 48 - 4 1st Phase  
**Ganesh: White Sunrise: 5:39AM**  
**Muruga: Clear Sunset: 6:18PM**  
**Nataraja: Clear**  
Moon – Orange  
**Sivaloka Day**  
Phalguna•Panguni

**5 Sunday, March 31, 2024**

Vrischika Rasi: 27.01 Tithi 21 – 22  
179547578  
Routine Work Marana Yoga  
Until 11:21AM  
Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Vyatipata\*/Vanyan Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau  
**Gulika 3:09PM – 4:44PM**  
Yama 11:58AM – 1:34PM  
**Rahu 4:44PM – 6:19PM**  
**Jyeshtha\* Until 11:21AM**  
Vyatipata\* Until 10:26AM  
Visti Until 10:02PM  
**Shashthi\* Until 10:06AM**

Norman, OK Sutra 350  
Sobhana 5125  
Moon 2 - Phase 48 - 5 1st Phase  
**Ganesh: White Sunrise: 5:37AM**  
**Muruga: Clear Sunset: 6:19PM**  
**Nataraja: Clear**  
Moon – Orange  
**Sivaloka Day**  
Phalguna•Panguni

**Monday, April 1, 2024**  
**Retreat Star**

Dhanus Rasi: 10.07 Tithi 22 – 23  
**Family Home Evening**  
189547578  
Creative Work Siddha Yoga  
Until 11:46AM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Variyani/Parigha\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau  
**Gulika 1:34PM – 3:09PM**  
Yama 10:23AM – 11:58AM  
**Rahu 7:13AM – 8:48AM**  
**Mula\* Until 11:46AM**  
Variyan Until 9:02AM  
Balava Until 9:21PM  
**Saptami Until 9:46AM**

Norman, OK Sutra 351  
Sobhana 5125  
Moon 2 - Phase 48 - 6 Ashtami  
**Ganesh: Yellow Sunrise: 5:37AM**  
**Muruga: Clear Sunset: 6:19PM**  
**Nataraja: Clear**  
Moon – Light Blue  
**Devaloka Day**  
Phalguna•Panguni

**Tuesday, April 2, 2024**  
**Retreat Star**

Dhanus Rasi: 23.35 Tithi 23 – 24  
181547578  
Creative Work Siddha Yoga  
Until 11:22AM  
Then Routine Work - Prabalarishta Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Parigha\*/Shiva Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau  
**Gulika 11:58AM – 1:34PM**  
Yama 8:47AM – 10:22AM  
**Rahu 3:09PM – 4:45PM**  
**Purvashadha\* Until 11:22AM**  
Parigha\* Until 7:07AM  
Taitila Until 8:00PM  
**Ashtami\* Until 8:44AM**

Norman, OK Sutra 352  
Sobhana 5125  
Moon 2 - Phase 48 - 7 Navami  
**Ganesh: Yellow Sunrise: 5:36AM**  
**Muruga: Clear Sunset: 6:20PM**  
**Nataraja: Clear**  
Moon – Light Blue  
**Devaloka Day**  
Phalguna•Panguni

<b>1</b>		<b>Wednesday, April 3, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam Uttarashadha/Shravana Nakshatra Siddha Yoga Gara/Vanija Karana Navami/Dashamyam Titau		Sun 8	Sutra 353
Makara Rasi: 7.26	Tithi 24 – 25	<b>Gulika</b>	<b>10:22AM – 11:58AM</b>	<b>Uttarashadha Until 10:12AM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:34AM	Sobhana 5125
		Yama	7:10AM – 8:46AM	Siddha Until 1:46AM Thu	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:21PM	Moon 2 - Phase 49 - 8
		181547578 <b>Rahu</b>	<b>11:58AM – 1:34PM</b>	Vanija Until 6:01PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Navami* Until 7:04AM</b>	Moon – Light Blue		<b>Devaloka Day</b>
Until 10:12AM					<b>Phalguna*Panguni</b>		
Then Creative Work - Siddha Yoga							
<b>2</b>		<b>Thursday, April 4, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam Shravana/Dhanishtha Nakshatra Sadhya Yoga Bava/Balava Karana Ekadashyam Titau		Sun 9	Sutra 354
Makara Rasi: 21.41	Tithi 26	<b>Gulika</b>	<b>8:45AM – 10:21AM</b>	<b>Shravana Until 8:43AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:32AM	Sobhana 5125
		Yama	5:32AM – 7:09AM	Sadhya Until 10:25PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:22PM	Moon 2 - Phase 49 - 9
		191547578 <b>Rahu</b>	<b>1:34PM – 3:10PM</b>	Bava Until 3:29PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Ekadashi* Until 2:01AM Fri</b>	Moon – Purple		<b>Sivaloka Day</b>
					<b>Phalguna*Panguni</b>		
<b>3</b>		<b>Friday, April 5, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Subha Yoga Kaulava/Taitilia Karana Dvadashyam Titau		Sun 10	Sutra 355
Kumbha Rasi: 6.17	Tithi 27	<b>Gulika</b>	<b>7:07AM – 8:44AM</b>	<b>Dhanishtha Until 6:37AM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 5:31AM	Sobhana 5125
		Yama	3:10PM – 4:47PM	Subha Until 6:44PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:23PM	Moon 2 - Phase 49 - 10
		191547578 <b>Rahu</b>	<b>10:21AM – 11:57AM</b>	Kaulava Until 12:29PM	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Siddha Yoga			<b>Dvadashi* Until 10:50PM</b>	Moon – Purple		<b>Sivaloka Day</b>
					<b>Phalguna*Panguni</b>		
<b>4</b>		<b>Saturday, April 6, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam Purvaproshtapada* Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 11	Sutra 356
Kumbha Rasi: 21.09	Tithi 28	<b>Gulika</b>	<b>5:29AM – 7:06AM</b>	<b>Purvaproshtapada* Until 1:27AM Sun</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:29AM	Sobhana 5125
		Yama	1:34PM – 3:11PM	Sukla Until 2:47PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:24PM	Moon 2 - Phase 49 - 11
		111547578 <b>Rahu</b>	<b>8:43AM – 10:20AM</b>	Gara Until 9:09AM	<b>Nataraja:</b> Clear		2nd Phase
Routine Work	Marana Yoga			<b>Trayodashi* Until 7:24PM</b>	Moon – Clear		<b>Devaloka Day</b>
Until 1:27AM Sun					<b>Phalguna*Panguni</b>		
Then Creative Work - Amrita Yoga				<i>Pradosha Vrata (Fasting)</i>			
<b>5</b>		<b>Sunday, April 7, 2024</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam Uttaraproshtapada Nakshatra Brahma/Indra Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 12	Sutra 357
Meena Rasi: 6.11	Tithi 29 – 30	<b>Gulika</b>	<b>3:11PM – 4:48PM</b>	<b>Uttaraproshtapada Until 10:41PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:28AM	Sobhana 5125
		Yama	11:57AM – 1:34PM	Brahma Until 10:44AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:26PM	Moon 2 - Phase 49 - 12
		111547578 <b>Rahu</b>	<b>4:48PM – 6:26PM</b>	Catuspada Until 2:05AM Mon	<b>Nataraja:</b> Clear		2nd Phase
Creative Work	Amrita Yoga			<b>Chaturdashi* Until 3:51PM</b>	Moon – Clear		<b>Devaloka Day</b>
					<b>Phalguna*Panguni</b>		
<b>Monday, April 8, 2024</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam Revati Nakshatra Indra/Vaidhriti* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 13	Sutra 358
Meena Rasi: 21.14	Tithi 30 – 1	<b>Gulika</b>	<b>1:34PM – 3:11PM</b>	<b>Revati Until 7:52PM</b>	<b>Ganesha:</b> Red	<i>Sunrise:</i> 5:26AM	Sobhana 5125
<b>Family Home Evening</b>		Yama	10:19AM – 11:56AM	Indra Until 6:42AM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:27PM	Moon 2 - Phase 49 - 13
		111547578 <b>Rahu</b>	<b>7:04AM – 8:41AM</b>	Kintughna Until 10:39PM	<b>Nataraja:</b> Clear		Amavasya
Creative Work	Siddha Yoga			<b>Amavasya* Until 12:20PM</b>	Moon – Clear		<b>Devaloka Day</b>
					<b>Phalguna*Panguni</b>		
<b>Tuesday, April 9, 2024</b>		<b>Retreat Star</b>		Sobhana Nama Samvatsare Uтарыane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam Ashvini/Bharani Nakshatra Vishkambha* Yoga Bava/Balava Karana Prathama/Dvityayam Titau		Sun 14	Sutra 359
Mesha Rasi: 6.11	Tithi 1 – 2	<b>Gulika</b>	<b>11:56AM – 1:34PM</b>	<b>Ashvini Until 5:35PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 5:25AM	Sobhana 5125
		Yama	8:40AM – 10:18AM	Vishkambha* Until 11:05PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:28PM	Moon 2 - Phase 49 - 14
		121547578 <b>Rahu</b>	<b>3:12PM – 4:50PM</b>	Balava Until 7:29PM	<b>Nataraja:</b> Clear		Prathama
Creative Work	Siddha Yoga			<b>Prathama* Until 9:00AM</b>	Moon – White		<b>Devaloka Day</b>
		<b>Chellappaswami Mahasamadhi</b>			<b>Chaitra*Panguni</b>		

**1 Wednesday, April 10, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam  
 Bharani/Krittika Nakshatra Priti Yoga Kaulava/Gara Karana Dvitiya/Tritiyayam Titau Sun 15 Sutra 360  
 Mesha Rasi: 20.53 Tithi 2 - 3 **Gulika 10:18AM - 11:56AM** **Bharani Until 3:34PM** **Ganesha: Yellow** *Sunrise: 5:23AM* Sobhana 5125  
 121547578 **Yama 7:01AM - 8:39AM** Priti Until 7:47PM **Muruga: Clear** *Sunset: 6:29PM* Moon 2 - Phase 50 - 15  
**Rahu 11:56AM - 1:34PM** Gara Until 3:33AM Thu **Nataraja: Clear** 3rd Phase  
 Creative Work Siddha Yoga **Dvitiya Until 6:02AM** **Chaitra•Panguni** **Devaloka Day**  
 Until 3:34PM  
 Then Creative Work - Amrita Yoga

**2 Thursday, April 11, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam  
 Krittika/Rohini Nakshatra Ayushman/Saubhagya Yoga Vanija/Visti\* Karana Chaturthiyam Titau Sun 16 Sutra 361  
 Vrishabha Rasi: 5.14 Tithi 4 **Gulika 8:38AM - 10:17AM** **Krittika Until 1:58PM** **Ganesha: Yellow** *Sunrise: 5:21AM* Sobhana 5125  
 121547578 **Yama 5:21AM - 7:00AM** Ayushman Until 4:57PM **Muruga: Clear** *Sunset: 6:30PM* Moon 2 - Phase 50 - 16  
**Rahu 1:34PM - 3:13PM** Vanija Until 2:34PM **Nataraja: Clear** 3rd Phase  
 Routine Work Marana Yoga **Chaturthi\* Until 1:42AM Fri** **Chaitra•Panguni** **Devaloka Day**

**3 Friday, April 12, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam  
 Rohini/Mrigashira Nakshatra Saubhagya/Sobhana Yoga Bava/Balava Karana Panchamyam Titau Sun 17 Sutra 362  
 Vishabha Rasi: 19.09 Tithi 5 **Gulika 6:59AM - 8:38AM** **Rohini Until 1:20PM** **Ganesha: Clear** *Sunrise: 5:20AM* Sobhana 5125  
 132547578 **Yama 3:13PM - 4:52PM** Saubhagya Until 2:41PM **Muruga: Clear** *Sunset: 6:31PM* Moon 2 - Phase 50 - 17  
**Rahu 10:16AM - 11:55AM** Bava Until 1:04PM **Nataraja: Clear** 3rd Phase  
 Routine Work Marana Yoga **Panchami Until 12:35AM Sat** **Chaitra•Panguni** **Devaloka Day**  
 Until 1:20PM  
 Then Creative Work - Siddha Yoga

**4 Saturday, April 13, 2024** Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam  
 Mrigashira/Ardra Nakshatra Sobhana/Athiganda\* Yoga Kaulava/Taitila Karana Shashthyam Titau Sun 18 Sutra 363  
 Mithuna Rasi: 2.38 Tithi 6 **Gulika 5:18AM - 6:57AM** **Mrigashira Until 1:19PM** **Ganesha: Clear** *Sunrise: 5:18AM* Sobhana 5125  
 132547578 **Yama 1:34PM - 3:13PM** Sobhana Until 1:04PM **Muruga: Clear** *Sunset: 6:32PM* Moon 2 - Phase 50 - 18  
**Rahu 8:37AM - 10:16AM** Kaulava Until 12:20PM **Nataraja: Clear** 3rd Phase  
 Creative Work Siddha Yoga **Shashthi\* Until 12:16AM Sun** **Chaitra•Chaitra** **Devaloka Day**

**5 Sunday, April 14, 2024** Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam  
 Ardra/Punarvasu Nakshatra Athiganda\*/Sukarma Yoga Gara/Vanija Karana Saptamyam Titau Sun 19 Sutra 364  
 Mithuna Rasi: 15.41 Tithi 7 **Gulika 3:14PM - 4:53PM** **Ardra Until 1:56PM** **Ganesha: White** *Sunrise: 5:17AM* Krodhin 5126  
 232547578 **Yama 11:55AM - 1:34PM** Athiganda\* Until 12:02PM **Muruga: Clear** *Sunset: 6:33PM* Moon 2 - Phase 50 - 19  
**Rahu 4:53PM - 6:33PM** Gara Until 12:25PM **Nataraja: Clear** 3rd Phase  
 Creative Work Siddha Yoga **Tamil New Year** **Saptami Until 12:44AM Mon** **Chaitra•Chaitra** **Bhuloka Day**  
**Devaloka Time: 3:PM to 6:PM**

**Monday, April 15, 2024** Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam  
 Punarvasu/Pushya Nakshatra Sukarma/Dhriti Yoga Visti\*/Bava Karana Ashtamyam Titau Sun 20 Sutra 1  
**Retreat Star** **Gulika 1:34PM - 3:14PM** **Punarvasu Until 3:36PM** **Ganesha: Clear** *Sunrise: 5:15AM* Krodhin 5126  
 Mithuna Rasi: 28.21 Tithi 8 **Yama 10:15AM - 11:55AM** Sukarma Until 11:38AM **Muruga: Clear** *Sunset: 6:34PM* Moon 2 - Phase 50 - 20  
**Family Home Evening** 242547578 **Rahu 6:55AM - 8:35AM** Visti Until 1:16PM **Nataraja: Clear** Ashtami  
 Creative Work Amrita Yoga **Ashtami\* Until 1:56AM Tue** **Chaitra•Chaitra** **Devaloka Day**  
 Until 3:36PM  
 Then Creative Work - Siddha Yoga

**Tuesday, April 16, 2024** Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam  
 Pushya/Ashlesha\* Nakshatra Dhriti/Shula\* Yoga Balava/Kaulava Karana Navamyam Titau Sun 21 Sutra 2  
**Retreat Star** **Gulika 11:54AM - 1:34PM** **Pushya Until 5:45PM** **Ganesha: Clear** *Sunrise: 5:14AM* Krodhin 5126  
 Kataka Rasi: 10.42 Tithi 9 **Yama 8:34AM - 10:14AM** Dhriti Until 11:46AM **Muruga: Clear** *Sunset: 6:35PM* Moon 2 - Phase 50 - 21  
 242547578 **Rahu 3:15PM - 4:55PM** Balava Until 2:47PM **Nataraja: Clear** Navami  
 Creative Work Siddha Yoga **Sri Rama Navami** **Navami\* Until 3:45AM Wed** **Chaitra•Chaitra** **Devaloka Day**

<b>1</b> Wednesday, April 17, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Shula*/Ganda* Yoga Taitila/Gara Karana Dashamyam Titau			Sun 22 Sutra 3 Krodhin 5126		
Kataka Rasi: 22.49	Tithi 10	Gulika 10:14AM – 11:54AM	Ashlesha* Until 8:15PM	Ganesh: Clear Sunrise: 5:12AM	Muruga: Clear Sunset: 6:36PM	Moon 2 - Phase 1 - 22	Devaloka Day	
242547578	Rahu 11:54AM – 1:34PM	Yama 6:53AM – 8:33AM	Shula* Until 12:18PM	Nataraja: Clear	Moon – Blue	Chaitra*Chaitra		
Creative Work	Siddha Yoga	Dashami Until 6:01AM Thu						
<b>2</b> Thursday, April 18, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Magha* Nakshatra Ganda*/Vridhi Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau			Sun 23 Sutra 4 Krodhin 5126		
Simha Rasi: 4.44	Tithi 10 – 11	Gulika 8:32AM – 10:13AM	Magha* Until 11:24PM	Ganesh: Purple Sunrise: 5:11AM	Muruga: Clear Sunset: 6:37PM	Moon 2 - Phase 1 - 23	Bhuloka Day	
252547578	Rahu 1:35PM – 3:15PM	Yama 5:11AM – 6:52AM	Ganda* Until 1:10PM	Nataraja: Clear	Moon – Red	Devaloka Time: 3:PM to 6:PM		
Creative Work	Amrita Yoga	Dashami Until 6:01AM			Chaitra*Chaitra			
Until 11:24PM								
Then Creative Work - Siddha Yoga								
<b>3</b> Friday, April 19, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Vridhi/Dhruva Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Sun 24 Sutra 5 Krodhin 5126		
Simha Rasi: 16.34	Tithi 11 – 12	Gulika 6:50AM – 8:31AM	Purvaphalguni Until 2:31AM Sat	Ganesh: Purple Sunrise: 5:09AM	Muruga: Purple Sunset: 6:38PM	Moon 2 - Phase 1 - 24	Devaloka Day	
252557578	Rahu 10:13AM – 11:54AM	Yama 3:16PM – 4:57PM	Vridhi Until 2:12PM	Nataraja: Clear	Moon – Red	Chaitra*Chaitra		
Creative Work	Siddha Yoga	Ekadashi Until 8:33AM						
Until 2:31AM Sat								
Then Routine Work - Marana Yoga								
<b>4</b> Saturday, April 20, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Sun 25 Sutra 6 Krodhin 5126		
Simha Rasi: 28.22	Tithi 12 – 13	Gulika 5:08AM – 6:49AM	Uttaraphalguni Until 5:26AM Sun	Ganesh: Purple Sunrise: 5:08AM	Muruga: Purple Sunset: 6:39PM	Moon 2 - Phase 1 - 25	Devaloka Day	
252557578	Rahu 8:31AM – 10:12AM	Yama 1:35PM – 3:16PM	Dhruva Until 3:14PM	Nataraja: Clear	Moon – Red	Chaitra*Chaitra		
Routine Work	Marana Yoga	Kaulava Until 12:28AM Sun						
Until 5:26AM Sun								
Then Creative Work - Amrita Yoga	Pradosha Vrata							
<b>5</b> Sunday, April 21, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Vyaghata*/Harshana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau			Sun 26 Sutra 7 Krodhin 5126		
Kanya Rasi: 10.11	Tithi 13 – 14	Gulika 3:17PM – 4:58PM	Hasta Until 8:29AM Mon	Ganesh: Clear Sunrise: 5:06AM	Muruga: Purple Sunset: 6:40PM	Moon 2 - Phase 1 - 26	Sivaloka Day	
262557578	Rahu 4:58PM – 6:40PM	Yama 11:53AM – 1:35PM	Vyaghata* Until 4:11PM	Nataraja: Clear	Moon – Green	Chaitra*Chaitra		
Creative Work	Amrita Yoga	Gara Until 2:53AM Mon						
Until 8:29AM Mon								
Then Routine Work - Prabalarishta Yoga								
<b>6</b> Monday, April 22, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Harshana/Vajra* Yoga Vanija/Visti* Karana Chaturdashi/Purnimayam Titau			Sun 27 Sutra 8 Krodhin 5126		
Kanya Rasi: 22.05	Tithi 14 – 15	Gulika 1:35PM – 3:17PM	Hasta Until 8:29AM	Ganesh: Purple Sunrise: 5:05AM	Muruga: Purple Sunset: 6:41PM	Moon 2 - Phase 1 - 27	Subha Sivaloka Day	
262657578	Rahu 6:47AM – 8:29AM	Yama 10:11AM – 11:53AM	Harshana Until 4:58PM	Nataraja: Clear	Moon – Green	Chaitra*Chaitra		
Family Home Evening	Siddha Yoga	Visti Until 4:58AM Tue						
Until 8:29AM								
Then Routine Work - Prabalarishta Yoga								
<b>○</b> Tuesday, April 23, 2024			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Mangala Vasara Yuktayam Chitra/Svati Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau			Sun 27 Sutra 9 Krodhin 5126		
<b>Copper Retreat Star</b>			Gulika 11:53AM – 1:35PM	Chitra Until 11:02AM	Ganesh: Purple Sunrise: 5:04AM	Muruga: Purple Sunset: 6:42PM	Moon 2 - Phase 1 -	Purnima
Tula Rasi: 4.07	Tithi 15 – 16	Yama 8:28AM – 10:11AM	Vajra* Until 5:26PM	Nataraja: Clear	Moon – Green	Subha Sivaloka Day		
262657578	Rahu 3:17PM – 5:00PM	Balava Until 6:40AM Wed			Chaitra*Chaitra			
Creative Work	Siddha Yoga	Purnima* Until 5:51PM						
Chitra Purnima (Tamil Nadu)			Hanuman Jayanti					
<b>Wednesday, April 24, 2024</b>			Krodhin Nama Samvatsare Uтарыane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Svati/Vishakha Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Prathamayam Titau			Sun 28 Sutra 10 Krodhin 5126		
<b>Silver Retreat Star</b>			Gulika 10:10AM – 11:53AM	Svati Until 1:02PM	Ganesh: Purple Sunrise: 5:02AM	Muruga: Purple Sunset: 6:43PM	Moon 2 - Phase 1 -	Prathama
Tula Rasi: 16.18	Tithi 16	Yama 6:45AM – 8:27AM	Siddhi Until 5:35PM	Nataraja: Purple	Moon – Green	Subha Subha Sivaloka Day		
262657579	Rahu 11:53AM – 1:35PM	Balava Until 6:40AM			Chaitra*Chaitra			
Creative Work	Siddha Yoga	Prathama* Until 7:19PM						

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

All times are standard time. Calculated for on 11/20/21

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