



**Sunday, May 7, 2023**  
**Gold Retreat Star**

Vrischika Rasi: 9.48 Tithi 17 – 18

272996579

Routine Work Marana Yoga

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

**Gulika** 3:32PM – 5:02PM  
**Yama** 12:31PM – 2:01PM  
**Rahu** 5:02PM – 6:33PM

**Anuradha Until 5:50PM**  
Parigha\* Until 12:20AM Mon  
Taitila Until 6:39AM  
**Dvitiya Until 5:45PM**

**Ganesha:** White *Sunrise:* 6:29AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sutra 20  
Sobhana 5125  
Moon 5 - Phase 4 - 1st Phase

**Devaloka Day**

**1**

**Monday, May 8, 2023**

Vrischika Rasi: 23.45 Tithi 18 – 19

**Family Home Evening**

Creative Work Siddha Yoga

272196579

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

**Gulika** 2:01PM – 3:32PM  
**Yama** 11:00AM – 12:31PM  
**Rahu** 7:59AM – 9:30AM

**Jyeshtha\* Until 4:29PM**  
Shiva Until 9:36PM  
Bava Until 2:44AM Tue  
**Tritiya Until 3:47PM**

**Ganesha:** Blue *Sunrise:* 6:29AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Orange  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sun 1 Sutra 21  
Sobhana 5125  
Moon 5 - Phase 4 - 1st Phase

**Devaloka Day**

**2**

**Tuesday, May 9, 2023**

Dhanus Rasi: 7.52 Tithi 19 – 20

Creative Work Amrita Yoga

Until 3:12PM

Then Creative Work - Siddha Yoga

282196579

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

**Gulika** 12:30PM – 2:01PM  
**Yama** 9:29AM – 11:00AM  
**Rahu** 3:32PM – 5:02PM

**Mula\* Until 3:12PM**  
Siddha Until 6:42PM  
Kaulava Until 12:29AM Wed  
**Chaturthi\* Until 1:37PM**

**Ganesha:** Red *Sunrise:* 6:28AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sun 2 Sutra 22  
Sobhana 5125  
Moon 5 - Phase 4 - 2 1st Phase

**Sivaloka Day**

**3**

**Wednesday, May 10, 2023**

Dhanus Rasi: 22.06 Tithi 20 – 21

Creative Work Amrita Yoga

283196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

**Gulika** 11:00AM – 12:30PM  
**Yama** 7:59AM – 9:29AM  
**Rahu** 12:30PM – 2:01PM

**Purvashadha\* Until 1:40PM**  
Sadhya Until 3:44PM  
Gara Until 10:10PM  
**Panchami Until 11:19AM**

**Ganesha:** Blue *Sunrise:* 6:28AM  
**Muruga:** Clear *Sunset:* 6:32PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sun 3 Sutra 23  
Sobhana 5125  
Moon 5 - Phase 4 - 3 1st Phase

**Subha Sivaloka Day**

**4**

**Thursday, May 11, 2023**

Makara Rasi: 6.22 Tithi 21 – 22

Routine Work Marana Yoga

Until 11:58AM

Then Creative Work - Siddha Yoga

283196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Guru Vasara Yuktayam  
Uttarashadha\*/Shravana Nakshatra Subha/Sukla Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

**Gulika** 9:29AM – 11:00AM  
**Yama** 6:28AM – 7:59AM  
**Rahu** 2:01PM – 3:31PM

**Uttarashadha Until 11:58AM**  
Subha Until 12:46PM  
Visti Until 7:50PM  
**Shashthi\* Until 8:59AM**

**Ganesha:** Blue *Sunrise:* 6:28AM  
**Muruga:** Clear *Sunset:* 6:32PM  
**Nataraja:** Purple  
Moon – Light Blue  
**Vaisaka\*Chaitra**

**Chidambaram Abhishekam**

Nairobi, Kenya  
Sun 4 Sutra 24  
Sobhana 5125  
Moon 5 - Phase 4 - 4 1st Phase

**Subha Sivaloka Day**

**5**

**Friday, May 12, 2023**

**Retreat Star**

Makara Rasi: 20.36 Tithi 22 – 23

Routine Work Marana Yoga

Until 10:35AM

Then Creative Work - Siddha Yoga

293196579

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

**Gulika** 7:59AM – 9:29AM  
**Yama** 3:31PM – 5:02PM  
**Rahu** 11:00AM – 12:30PM

**Shravana Until 10:35AM**  
Sukla Until 9:48AM  
Kaulava Until 4:26AM Sat  
**Saptami Until 6:40AM**

**Ganesha:** Red *Sunrise:* 6:28AM  
**Muruga:** Clear *Sunset:* 6:32PM  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sun 5 Sutra 25  
Sobhana 5125  
Moon 5 - Phase 4 - 5 Ashtami

**Sivaloka Day**

**Saturday, May 13, 2023**

**Retreat Star**

Kumbha Rasi: 4.47 Tithi 24

Creative Work Siddha Yoga

Until 9:09AM

Then Creative Work - Amrita Yoga

293196579

Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Manta Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Brahma/Indra Yoga Taitila/Gara Karana Navamyam Titau

**Gulika** 6:28AM – 7:59AM  
**Yama** 2:01PM – 3:31PM  
**Rahu** 9:29AM – 11:00AM

**Dhanishtha Until 9:09AM**  
Brahma Until 6:55AM  
Taitila Until 3:23PM  
**Navami\* Until 2:20AM Sun**

**Ganesha:** Red *Sunrise:* 6:28AM  
**Muruga:** Clear *Sunset:* 6:32PM  
**Nataraja:** Purple  
Moon – Purple  
**Vaisaka\*Chaitra**

Nairobi, Kenya  
Sun 6 Sutra 26  
Sobhana 5125  
Moon 5 - Phase 4 - 6 Navami

**Sivaloka Day**

**1****Sunday, May 14, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Shatabhishak/Purvaproshtapada\* Nakshatra Vaidhriti\* Yoga Vanija/Visti\* Karana Dashamyam Titau

Nairobi, Kenya

Sun 7 Sutra 27

Kumbha Rasi: 18.54 Tithi 25

**Gulika** 3:31PM – 5:02PM**Shatabhishak** **Until 7:43AM****Ganesha:** Red *Sunrise:* 6:28AM

Sobhana 5125

Yama 12:30PM – 2:01PM

Vaidhriti\* Until 1:31AM Mon

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 7

293196579 **Rahu** 5:02PM – 6:32PM

Vanija Until 1:21PM

**Nataraja:** Purple

2nd Phase

Creative Work Siddha Yoga

**Mother's Day****Dashami** **Until 12:23AM Mon**Moon – Purple  
**Vaisaka\*Chaitra****Sivaloka Day****2****Monday, May 15, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Purvaproshtapada\*/Uttaraproshtapada Nakshatra Vishkambha\* Yoga Bava/Balava Karana Ekadashyam Titau

Nairobi, Kenya

Sun 8 Sutra 28

Meena Rasi: 2.54 Tithi 26

**Gulika** 2:01PM – 3:31PM**Purvaproshtapada\*** **Until 6:43AM****Ganesha:** Clear *Sunrise:* 6:28AM

Sobhana 5125

Yama 11:00AM – 12:30PM

Vishkambha\* Until 11:03PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 8

**Family Home Evening** 213196579**Rahu** 7:59AM – 9:29AM

Bava Until 11:31AM

**Nataraja:** Purple

2nd Phase

Routine Work Marana Yoga

**Ekadashi\*** **Until 10:39PM**Moon – Clear  
**Vaisaka\*Vaikasi****Sivaloka Day**

Until 6:43AM

Then Creative Work - Siddha Yoga

**3****Tuesday, May 16, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Revati Nakshatra Priti Yoga Kaulava/Taitila Karana Dvadashyam Titau

Nairobi, Kenya

Sun 9 Sutra 29

Meena Rasi: 16.46 Tithi 27

**Gulika** 12:30PM – 2:01PM**Revati** **Until 5:02AM Wed****Ganesha:** Clear *Sunrise:* 6:28AM

Sobhana 5125

Yama 9:29AM – 11:00AM

Priti Until 8:48PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 9

213196579 **Rahu** 3:31PM – 5:02PM

Kaulava Until 9:54AM

**Nataraja:** Purple

2nd Phase

Creative Work Siddha Yoga

**Dvadashi\*** **Until 9:10PM**Moon – Clear  
**Vaisaka\*Vaikasi****Sivaloka Day**

Until 5:02AM Wed

Then Routine Work - Marana Yoga

**4****Wednesday, May 17, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Ashvini Nakshatra Ayushman Yoga Gara/Vanija Karana Trayodashyam Titau

Nairobi, Kenya

Sun 10 Sutra 30

Mesha Rasi: 0.28 Tithi 28

**Gulika** 11:00AM – 12:30PM**Ashvini** **Until 4:52AM Thu****Ganesha:** Orange *Sunrise:* 6:29AM

Sobhana 5125

Yama 7:59AM – 9:29AM

Ayushman Until 6:47PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 10

223196579 **Rahu** 12:30PM – 2:01PM

Gara Until 8:34AM

**Nataraja:** Purple

2nd Phase

Routine Work Marana Yoga

**Trayodashi\*** **Until 8:00PM**Moon – White  
**Vaisaka\*Vaikasi****Sivaloka Day**

Until 4:52AM Thu

Then Creative Work - Siddha Yoga

*Pradosha Vrata (Fasting)***5****Thursday, May 18, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Guru Vasara Yuktayam  
Bharani Nakshatra Saubhagya/Sobhana Yoga Visti\*/Sakuni\* Karana Chaturdashyam Titau

Nairobi, Kenya

Sun 11 Sutra 31

Mesha Rasi: 13.57 Tithi 29

**Gulika** 9:29AM – 11:00AM**Bharani** **Until 4:58AM Fri****Ganesha:** Orange *Sunrise:* 6:29AM

Sobhana 5125

Yama 6:29AM – 7:59AM

Saubhagya Until 5:05PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 11

223196579 **Rahu** 2:01PM – 3:31PM

Visti Until 7:35AM

**Nataraja:** Purple

2nd Phase

Creative Work Siddha Yoga

**Chaturdashi\*** **Until 7:13PM**Moon – White  
**Vaisaka\*Vaikasi****Sivaloka Day****●****Friday, May 19, 2023****Retreat Star**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Krittika Nakshatra Sobhana/Athiganda\* Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau

Nairobi, Kenya

Sun 12 Sutra 32

Mesha Rasi: 27.13 Tithi 30

**Gulika** 7:59AM – 9:30AM**Krittika** **Until 5:22AM Sat****Ganesha:** Orange *Sunrise:* 6:29AM

Sobhana 5125

Yama 3:31PM – 5:02PM

Sobhana Until 3:45PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 12

223196579 **Rahu** 11:00AM – 12:30PM

Catuspada Until 7:00AM

**Nataraja:** Purple

Amavasya

Creative Work Siddha Yoga

**Amavasya\*** **Until 6:52PM**Moon – White  
**Vaisaka\*Vaikasi****Sivaloka Day**

Until 5:22AM Sat

Then Creative Work - Amrita Yoga

**Saturday, May 20, 2023****Retreat Star**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vishabha Mase Sukla Pakshe Manta Vasara Yuktayam  
Rohini Nakshatra Athiganda\*/Sukarma Yoga Kintughna\*/Bava Karana Prathamayam Titau

Nairobi, Kenya

Sun 13 Sutra 33

Vishabha Rasi: 10.14 Tithi 1

**Gulika** 6:29AM – 7:59AM**Rohini** **Until 6:35AM Sun****Ganesha:** Clear *Sunrise:* 6:29AM

Sobhana 5125

Yama 2:01PM – 3:31PM

Athiganda\* Until 2:46PM

**Muruga:** Clear *Sunset:* 6:32PM

Moon 5 - Phase 5 - 13

233196579 **Rahu** 9:30AM – 11:00AM

Kintughna Until 6:54AM

**Nataraja:** Purple

Prathama

Creative Work Amrita Yoga

**Prathama\*** **Until 7:01PM**Moon – Yellow  
**Jyeshtha\*Vaikasi****Sivaloka Day**

Until 6:35AM Sun

Then Creative Work - Siddha 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 Nairobi, Kenya on 1/25/22

www.gurudeva.org/panchang

<b>1</b>	<b>Sunday, May 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
	Vrishabha Rasi: 23.01 Tithi 2		Rohini/Mrigashira Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Dvitiyayam Titau				Sun 14 Sutra 34
	233196579	<b>Gulika</b>	<b>3:32PM – 5:02PM</b>	<b>Rohini Until 6:35AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	12:31PM – 2:01PM	Sukarma Until 2:13PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 6 - 14
Creative Work Siddha Yoga	<b>Rahu</b>	<b>5:02PM – 6:32PM</b>	Balava Until 7:19AM	<b>Nataraja:</b> Purple		3rd Phase	
			<b>Dvitiya Until 7:42PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>2</b>	<b>Monday, May 22, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam				Nairobi, Kenya
	Mithuna Rasi: 5.33 Tithi 3		Mrigashira/Ardra Nakshatra Dhriti/Shula* Yoga Taitila/Gara Karana Trityayam Titau				Sun 15 Sutra 35
	233196579	<b>Gulika</b>	<b>2:01PM – 3:32PM</b>	<b>Mrigashira Until 8:08AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	11:00AM – 12:31PM	Dhriti Until 2:05PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:32PM	Moon 5 - Phase 6 - 15
Creative Work Amrita Yoga	<b>Rahu</b>	<b>7:59AM – 9:30AM</b>	Taitila Until 8:14AM	<b>Nataraja:</b> Purple		3rd Phase	
Until 8:08AM			<b>Tritiya Until 8:52PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Vaikasi</b>			

<b>3</b>	<b>Tuesday, May 23, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya
	Mithuna Rasi: 17.52 Tithi 4		Ardra/Punarvasu Nakshatra Shula*/Ganda* Yoga Vanija/Visti* Karana Chaturthiyam Titau				Sun 16 Sutra 36
	233196579	<b>Gulika</b>	<b>12:31PM – 2:01PM</b>	<b>Ardra Until 10:01AM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	9:30AM – 11:00AM	Shula* Until 2:18PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 16
Routine Work Marana Yoga	<b>Rahu</b>	<b>3:32PM – 5:02PM</b>	Vanija Until 9:40AM	<b>Nataraja:</b> Purple		3rd Phase	
Until 10:01AM			<b>Chaturthi* Until 10:31PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Vaikasi</b>			

<b>4</b>	<b>Wednesday, May 24, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
	Mithuna Rasi: 30 Tithi 5		Punarvasu/Pushya Nakshatra Ganda*/Vridhhi Yoga Bava/Balava Karana Panchamyam Titau				Sun 17 Sutra 37
	243196579	<b>Gulika</b>	<b>11:00AM – 12:31PM</b>	<b>Punarvasu Until 12:37PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	7:59AM – 9:30AM	Ganda* Until 2:50PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 17
Creative Work Siddha Yoga	<b>Rahu</b>	<b>12:31PM – 2:01PM</b>	Bava Until 11:30AM	<b>Nataraja:</b> Purple		3rd Phase	
			<b>Panchami Until 12:32AM Thu</b>	Moon – Blue		<b>Subha Sivaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>5</b>	<b>Thursday, May 25, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
	Kataka Rasi: 12 Tithi 6		Pushya/Ashlesha* Nakshatra Vridhhi/Dhruva Yoga Kaulava/Taitila Karana Shashthyam Titau				Sun 18 Sutra 38
	244196579	<b>Gulika</b>	<b>9:30AM – 11:00AM</b>	<b>Pushya Until 3:22PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	6:29AM – 8:00AM	Vridhhi Until 3:37PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 18
Creative Work Amrita Yoga	<b>Rahu</b>	<b>2:01PM – 3:32PM</b>	Kaulava Until 1:40PM	<b>Nataraja:</b> Purple		3rd Phase	
Until 3:22PM			<b>Shashthi* Until 2:48AM Fri</b>	Moon – Blue		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Vaikasi</b>			

<b>6</b>	<b>Friday, May 26, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
	Kataka Rasi: 23.55 Tithi 7		Ashlesha* Nakshatra Dhruva/Vyaghata* Yoga Gara/Vanija Karana Saptamyam Titau				Sun 19 Sutra 39
	344196579	<b>Gulika</b>	<b>8:00AM – 9:30AM</b>	<b>Ashlesha* Until 6:05PM</b>	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	3:32PM – 5:02PM	Dhruva Until 4:29PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 19
Routine Work Marana Yoga	<b>Rahu</b>	<b>11:01AM – 12:31PM</b>	Gara Until 3:59PM	<b>Nataraja:</b> Purple		3rd Phase	
			<b>Saptami Until 5:08AM Sat</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Jyeshtha-Vaikasi</b>			

<b>☾</b>	<b>Saturday, May 27, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
	<b>Retreat Star</b>		Magha* Nakshatra Vyaghata*/Harshana Yoga Visti* Karana Ashtamyam Titau				Sun 20 Sutra 40
	354196579	<b>Gulika</b>	<b>6:29AM – 8:00AM</b>	<b>Magha* Until 9:07PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	2:02PM – 3:32PM	Vyaghata* Until 5:21PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 20
Creative Work Amrita Yoga	<b>Rahu</b>	<b>9:30AM – 11:01AM</b>	Visti Until 6:18PM	<b>Nataraja:</b> Purple		Ashtami	
Until 9:07PM			<b>Ashtami* Until 7:21AM Sun</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha-Vaikasi</b>			

<b>☽</b>	<b>Sunday, May 28, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
	<b>Retreat Star</b>		Purvaphalguni Nakshatra Harshana Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Sun 21 Sutra 41
	354196579	<b>Gulika</b>	<b>3:32PM – 5:03PM</b>	<b>Purvaphalguni Until 11:44PM</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:29AM	Sobhana 5125
		Yama	12:31PM – 2:02PM	Harshana Until 6:04PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:33PM	Moon 5 - Phase 6 - 21
Creative Work Siddha Yoga	<b>Rahu</b>	<b>5:03PM – 6:33PM</b>	Balava Until 8:22PM	<b>Nataraja:</b> Purple		Navami	
Until 11:44PM			<b>Ashtami* Until 7:21AM</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Creative Work - Amrita Yoga				<b>Jyeshtha-Vaikasi</b>			

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

**1****Monday, May 29, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Indu Vasara Yuktayam  
Uttaraphalguni Nakshatra Vajra\* Yoga Kaulava/Taitila Karana Navami/Dashmyam TitauNairobi, Kenya  
Sun 22 Sutra 42Simha Rasi: 29.49 Tithi 9 – 10  
**Family Home Evening**  
Creative Work Siddha Yoga

354196579

**Gulika** 2:02PM – 3:32PM  
Yama 11:01AM – 12:31PM  
**Rahu** 8:00AM – 9:30AM**Uttaraphalguni** Until 1:45AM Tue  
Vajra\* Until 6:26PM  
Taitila Until 10:01PM  
**Navami\*** Until 9:14AM**Ganesha:** Clear *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Red  
**Jyeshtha\*Vaikasi****Sivaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 22  
4th Phase**2****Tuesday, May 30, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Mangala Vasara Yuktayam  
Hasta Nakshatra Siddhi\* Yoga Gara/Vanija Karana Dashami/Ekadashyam TitauNairobi, Kenya  
Sun 23 Sutra 43Kanya Rasi: 12.06 Tithi 10 – 11  
Creative Work Siddha Yoga

364196579

**Gulika** 12:31PM – 2:02PM  
Yama 9:31AM – 11:01AM  
**Rahu** 3:32PM – 5:03PM**Hasta** Until 3:29AM Wed  
Siddhi Until 6:22PM  
Vanija Until 11:03PM  
**Dashami** Until 10:36AM**Ganesha:** Purple *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Green  
**Jyeshtha\*Vaikasi****Devaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 23  
4th Phase**3****Wednesday, May 31, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Budha Vasara Yuktayam  
Chitra Nakshatra Vyatipata\*/Varyan Yoga Visti\*/Bava Karana Ekadashi/Dvadashyam TitauNairobi, Kenya  
Sun 24 Sutra 44Kanya Rasi: 24.4 Tithi 11 – 12  
Creative Work Siddha Yoga  
Until 4:19AM Thu  
Then Creative Work - Amrita Yoga

364196579

**Gulika** 11:01AM – 12:32PM  
Yama 8:00AM – 9:31AM  
**Rahu** 12:32PM – 2:02PM**Chitra** Until 4:19AM Thu  
Vyatipata\* Until 5:45PM  
Bava Until 11:21PM  
**Ekadashi** Until 11:16AM**Ganesha:** Purple *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:33PM  
**Nataraja:** Purple  
Moon – Green  
**Jyeshtha\*Vaikasi****Devaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 24  
4th Phase**4****Thursday, June 1, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Guru Vasara Yuktayam  
Svati Nakshatra Varyan\*/Parigha\* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam TitauNairobi, Kenya  
Sun 25 Sutra 45Tula Rasi: 7.34 Tithi 12 – 13  
Creative Work Amrita Yoga  
Until 4:15AM Fri  
Then Creative Work - Siddha Yoga

364196579

**Gulika** 9:31AM – 11:01AM  
Yama 6:30AM – 8:00AM  
**Rahu** 2:02PM – 3:33PM**Svati** Until 4:15AM Fri  
Varyan Until 4:30PM  
Kaulava Until 10:53PM  
**Dvadashi** Until 11:11AM**Ganesha:** Purple *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Green  
**Jyeshtha\*Vaikasi****Devaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 25  
4th Phase*Pradosha Vrata***5****Friday, June 2, 2023**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Sukra Vasara Yuktayam  
Vishakha Nakshatra Parigha\*/Shiva Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam TitauNairobi, Kenya  
Sun 26 Sutra 46Tula Rasi: 20.53 Tithi 13 – 14  
Creative Work Siddha Yoga

374296579

**Gulika** 8:01AM – 9:31AM  
Yama 3:33PM – 5:03PM  
**Rahu** 11:01AM – 12:32PM**Vishakha** Until 3:47AM Sat  
Parigha\* Until 2:40PM  
Gara Until 9:41PM  
**Trayodashi** Until 10:21AM**Ganesha:** White *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Orange  
**Jyeshtha\*Vaikasi****Subha Sivaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 26  
4th Phase**Saturday, June 3, 2023****Copper Retreat Star**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Sukla Pakshe Manta Vasara Yuktayam  
Anuradha Nakshatra Shiva/Siddha Yoga Vanija/Visti\* Karana Chaturdashi/Purnimayam TitauNairobi, Kenya  
Sun 27 Sutra 47Vrischika Rasi: 5 Tithi 14 – 15  
Creative Work Siddha Yoga  
Until 2:34AM Sun  
Then Routine Work - Marana Yoga

374296579

**Gulika** 6:30AM – 8:01AM  
Yama 2:03PM – 3:33PM  
**Rahu** 9:31AM – 11:02AM**Anuradha** Until 2:34AM Sun  
Shiva Until 12:19PM  
Visti Until 7:51PM  
**Chaturdashi\*** Until 8:49AM**Ganesha:** White *Sunrise:* 6:30AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Orange  
**Jyeshtha\*Vaikasi****Subha Sivaloka Day**Sobhana 5125  
Moon 5 - Phase 7 - 27  
Purnima**Sunday, June 4, 2023****Silver Retreat Star**Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Jyeshtha\* Nakshatra Siddha/Sadhya Yoga Bava/Kaulava Karana Purnima/Prathamayam TitauNairobi, Kenya  
Sutra 48Vrischika Rasi: 18.41 Tithi 15 – 16  
Routine Work Marana Yoga  
Until 12:45AM Mon  
Then Creative Work - Siddha Yoga

374296579

**Gulika** 3:33PM – 5:04PM  
Yama 12:32PM – 2:03PM  
**Rahu** 5:04PM – 6:34PM**Jyeshtha\*** Until 12:45AM Mon  
Siddha Until 9:28AM  
Kaulava Until 4:10AM Mon  
**Purnima\*** Until 6:43AM**Ganesha:** White *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Purple  
Moon – Orange  
**Jyeshtha\*Vaikasi****Subha Sivaloka Day**Sobhana 5125  
Moon 5 - Phase 7 -  
Prathama



**Monday, June 5, 2023**  
**Gold Retreat Star**

Dhanus Rasi: 3.05 Tithi 17  
**Family Home Evening**  
Creative Work Siddha Yoga  
Until 10:53PM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam  
Mula\* Nakshatra Sadhya/Subha Yoga Taitila/Gara Karana Dvitiyayam Titau

**Gulika** 2:03PM – 3:33PM  
**Yama** 11:02AM – 12:32PM  
**Rahu** 8:01AM – 9:32AM

**Mula\* Until 10:53PM**  
Sadhya Until 6:18AM  
Taitila Until 2:48PM  
**Dvitiya Until 1:20AM Tue**

**Ganesha:** Yellow *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Blue  
Moon – Light Blue  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sutra 49  
Sobhana 5125  
Moon 6 - Phase 8 - 1st Phase

**Sivaloka Day**

**1**

**Tuesday, June 6, 2023**

Dhanus Rasi: 17.4 Tithi 18  
Creative Work Siddha Yoga  
Until 8:44PM  
Then Routine Work - Prabararishta Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\* Nakshatra Sukla Yoga Vanija/Visti\* Karana Tritiyayam Titau

**Gulika** 12:33PM – 2:03PM  
**Yama** 9:32AM – 11:02AM  
**Rahu** 3:33PM – 5:04PM

**Purvashadha\* Until 8:44PM**  
Sukla Until 11:24PM  
Vanija Until 11:53AM  
**Tritiya Until 10:22PM**

**Ganesha:** White *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Blue  
Moon – Light Blue  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 1  
Sutra 50  
Sobhana 5125  
Moon 6 - Phase 8 - 1st Phase

**Devaloka Day**

**2**

**Wednesday, June 7, 2023**

Makara Rasi: 2.19 Tithi 19  
Creative Work Amrita Yoga  
Until 6:26PM  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha Nakshatra Brahma Yoga Bava/Balava Karana Chaturthayam Titau

**Gulika** 11:02AM – 12:33PM  
**Yama** 8:02AM – 9:32AM  
**Rahu** 12:33PM – 2:03PM

**Uttarashadha Until 6:26PM**  
Brahma Until 7:54PM  
Bava Until 8:53AM  
**Chaturthi\* Until 7:23PM**

**Ganesha:** White *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:34PM  
**Nataraja:** Blue  
Moon – Light Blue  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 2  
Sutra 51  
Sobhana 5125  
Moon 6 - Phase 8 - 2 1st Phase

**Devaloka Day**

**3**

**Thursday, June 8, 2023**

Makara Rasi: 16.57 Tithi 20 – 21  
Creative Work Siddha Yoga

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

**Gulika** 9:32AM – 11:03AM  
**Yama** 6:31AM – 8:02AM  
**Rahu** 2:03PM – 3:34PM

**Shravana Until 4:31PM**  
Indra Until 4:31PM  
Gara Until 3:13AM Fri  
**Panchami Until 4:32PM**

**Ganesha:** Yellow *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:35PM  
**Nataraja:** Blue  
Moon – Purple  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 3  
Sutra 52  
Sobhana 5125  
Moon 6 - Phase 8 - 3 1st Phase

**Sivaloka Day**

**4**

**Friday, June 9, 2023**

Kumbha Rasi: 1.26 Tithi 21 – 22  
Creative Work Siddha Yoga

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

**Gulika** 8:02AM – 9:32AM  
**Yama** 3:34PM – 5:04PM  
**Rahu** 11:03AM – 12:33PM

**Dhanishtha Until 2:42PM**  
Vaidhriti\* Until 1:18PM  
Visti Until 12:44AM Sat  
**Shashthi\* Until 1:55PM**

**Ganesha:** Yellow *Sunrise:* 6:31AM  
**Muruga:** Clear *Sunset:* 6:35PM  
**Nataraja:** Blue  
Moon – Purple  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 4  
Sutra 53  
Sobhana 5125  
Moon 6 - Phase 8 - 4 1st Phase

**Sivaloka Day**

**D**

**Saturday, June 10, 2023**

**Retreat Star**

Kumbha Rasi: 15.44 Tithi 22 – 23  
Creative Work Amrita Yoga  
Until 1:04PM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Manta Vasara Yuktayam  
Shatabhishak/Purvaprosarthapada\* Nakshatra Vishkambha\*/Priti Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

**Gulika** 6:32AM – 8:02AM  
**Yama** 2:04PM – 3:34PM  
**Rahu** 9:33AM – 11:03AM

**Shatabhishak Until 1:04PM**  
Vishkambha\* Until 10:21AM  
Balava Until 10:37PM  
**Saptami Until 11:36AM**

**Ganesha:** Yellow *Sunrise:* 6:32AM  
**Muruga:** Clear *Sunset:* 6:35PM  
**Nataraja:** Blue  
Moon – Purple  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 5  
Sutra 54  
Sobhana 5125  
Moon 6 - Phase 8 - 5 Ashtami

**Sivaloka Day**

**Sunday, June 11, 2023**

**Retreat Star**

Kumbha Rasi: 29.48 Tithi 23 – 24  
Creative Work Siddha Yoga  
Until 12:05PM  
Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaprosarthapada\*/Uttaraprosarthapada Nakshatra Priti/Ayushman Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

**Gulika** 3:34PM – 5:05PM  
**Yama** 12:34PM – 2:04PM  
**Rahu** 5:05PM – 6:35PM

**Purvaprosarthapada\* Until 12:05PM**  
Priti Until 7:44AM  
Taitila Until 8:53PM  
**Ashtami\* Until 9:40AM**

**Ganesha:** Clear *Sunrise:* 6:32AM  
**Muruga:** Clear *Sunset:* 6:35PM  
**Nataraja:** Blue  
Moon – Clear  
**Jyeshtha\*Vaikasi**

Nairobi, Kenya  
Sun 6  
Sutra 55  
Sobhana 5125  
Moon 6 - Phase 8 - 6 Navami

**Sivaloka Day**


<b>1</b>	<b>Monday, June 12, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Indu Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Saubhagya Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 7 Sutra 56 Sobhana 5125
	Meena Rasi: 14	Tithi 24 – 25	<b>Gulika</b> 2:04PM – 3:35PM	<b>Uttaraproshtapada</b> Until 11:22AM	<b>Ganesha:</b> Clear	Sunrise: 6:32AM	
	<b>Family Home Evening</b>	315296571	Yama 11:03AM – 12:34PM	Saubhagya Until 3:26AM Tue	<b>Muruga:</b> Clear	Sunset: 6:35PM	Moon 6 - Phase 7 - 7
	Creative Work Siddha Yoga		<b>Rahu</b> 8:03AM – 9:33AM	Vanija Until 7:33PM	<b>Nataraja:</b> Blue		2nd Phase
			<b>Navami*</b> Until 8:09AM	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Jyeshtha*Vaikasi</b>			

<b>2</b>	<b>Tuesday, June 13, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Mangala Vasara Yuktayam Revati/Ashvini Nakshatra Sobhana Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 8 Sutra 57 Sobhana 5125
	Meena Rasi: 27.1	Tithi 25 – 26	<b>Gulika</b> 12:34PM – 2:04PM	<b>Revati</b> Until 10:55AM	<b>Ganesha:</b> Clear	Sunrise: 6:32AM	
	315296571		Yama 9:33AM – 11:04AM	Sobhana Until 1:49AM Wed	<b>Muruga:</b> Clear	Sunset: 6:36PM	Moon 6 - Phase 9 - 8
	Creative Work Siddha Yoga		<b>Rahu</b> 3:35PM – 5:05PM	Bava Until 6:39PM	<b>Nataraja:</b> Blue		2nd Phase
			<b>Dashami</b> Until 7:02AM	Moon – Clear		<b>Sivaloka Day</b>	
				<b>Jyeshtha*Vaikasi</b>			

<b>3</b>	<b>Wednesday, June 14, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Vrishabha Mase Krishna Pakshe Budha Vasara Yuktayam Ashvini/Bharani Nakshatra Athiganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 9 Sutra 58 Sobhana 5125
	Mesha Rasi: 10.29	Tithi 26 – 27	<b>Gulika</b> 11:04AM – 12:34PM	<b>Ashvini</b> Until 11:10AM	<b>Ganesha:</b> White	Sunrise: 6:33AM	
	325296571		Yama 8:03AM – 9:33AM	Athiganda* Until 12:30AM Thu	<b>Muruga:</b> Clear	Sunset: 6:36PM	Moon 6 - Phase 9 - 9
	Routine Work Marana Yoga		<b>Rahu</b> 12:34PM – 2:05PM	Kaulava Until 6:10PM	<b>Nataraja:</b> Blue		2nd Phase
Until 11:10AM			<b>Ekadashi*</b> Until 6:20AM	Moon – White		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				<b>Jyeshtha*Vaikasi</b>			

<b>4</b>	<b>Thursday, June 15, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Bharani/Krittika Nakshatra Sukarma Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 10 Sutra 59 Sobhana 5125
	Mesha Rasi: 23.35	Tithi 27 – 28	<b>Gulika</b> 9:34AM – 11:04AM	<b>Bharani</b> Until 11:41AM	<b>Ganesha:</b> Yellow	Sunrise: 6:33AM	
	326296571		Yama 6:33AM – 8:03AM	Sukarma Until 11:31PM	<b>Muruga:</b> Clear	Sunset: 6:36PM	Moon 6 - Phase 9 - 10
	Creative Work Siddha Yoga		<b>Rahu</b> 2:05PM – 3:35PM	Gara Until 6:05PM	<b>Nataraja:</b> Blue		2nd Phase
Until 11:41AM			<b>Dvadashi*</b> Until 6:03AM	Moon – White		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Jyeshtha*Ani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>5</b>	<b>Friday, June 16, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Krittika/Rohini Nakshatra Dhriti Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 11 Sutra 60 Sobhana 5125
	Vrishabha Rasi: 6.28	Tithi 28 – 29	<b>Gulika</b> 8:03AM – 9:34AM	<b>Krittika</b> Until 12:27PM	<b>Ganesha:</b> Yellow	Sunrise: 6:33AM	
	326296571		Yama 3:35PM – 5:06PM	Dhriti Until 10:52PM	<b>Muruga:</b> Clear	Sunset: 6:36PM	Moon 6 - Phase 9 - 11
	Creative Work Siddha Yoga		<b>Rahu</b> 11:04AM – 12:35PM	Visti Until 6:24PM	<b>Nataraja:</b> Blue		2nd Phase
Until 12:27PM			<b>Trayodashi*</b> Until 6:10AM	Moon – White		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				<b>Jyeshtha*Ani</b>			

	<b>Saturday, June 17, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Rohini/Mrigashira Nakshatra Shula* Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 12 Sutra 61 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 6:33AM – 8:04AM	<b>Rohini</b> Until 1:55PM	<b>Ganesha:</b> Red	Sunrise: 6:33AM	
	Vrishabha Rasi: 19.11	Tithi 29 – 30	Yama 2:05PM – 3:36PM	Shula* Until 10:31PM	<b>Muruga:</b> Clear	Sunset: 6:36PM	Moon 6 - Phase 9 - 12
	336296571		<b>Rahu</b> 9:34AM – 11:04AM	Catuspada Until 7:08PM	<b>Nataraja:</b> Blue		Amavasya
Creative Work Amrita Yoga			<b>Chaturdashi*</b> Until 6:42AM	Moon – Yellow		<b>Sivaloka Day</b>	
Until 1:55PM				<b>Jyeshtha*Ani</b>			
Then Creative Work - Siddha Yoga							

<b>Retreat Star</b>	<b>Sunday, June 18, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Mrigashira/Ardra Nakshatra Ganda* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 13 Sutra 62 Sobhana 5125
	Mithuna Rasi: 1.41	Tithi 30 – 1	<b>Gulika</b> 3:36PM – 5:06PM	<b>Mrigashira</b> Until 3:36PM	<b>Ganesha:</b> Red	Sunrise: 6:33AM	
	336216571		Yama 12:35PM – 2:05PM	Ganda* Until 10:29PM	<b>Muruga:</b> Yellow	Sunset: 6:37PM	Moon 6 - Phase 9 - 13
	Creative Work Siddha Yoga		<b>Rahu</b> 5:06PM – 6:37PM	Kintughna Until 8:16PM	<b>Nataraja:</b> Blue		Prathama
			<b>Amavasya*</b> Until 7:38AM	Moon – Yellow		<b>Sivaloka Day</b>	
		<b>Father's Day</b>		<b>Ashada*Ani</b>			

<b>1</b>	<b>Monday, June 19, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Ardra/Punarvasu Nakshatra Vriddhi Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 14 Sutra 63
	Mithuna Rasi: 14.02	Tithi 1 – 2	<b>Gulika</b> 2:06PM – 3:36PM	<b>Ardra Until 5:31PM</b>	<b>Ganesha:</b> Red	Sunrise: 6:34AM	Sobhana 5125
	<b>Family Home Evening</b>	336216571	Yama 11:05AM – 12:35PM	Vridhhi Until 10:46PM	<b>Muruga:</b> Yellow	Sunset: 6:37PM	Moon 6 - Phase 10 - 14
	Creative Work Siddha Yoga		<b>Rahu</b> 8:04AM – 9:34AM	Balava Until 9:47PM	<b>Nataraja:</b> Blue		3rd Phase
			<b>Prathama* Until 8:57AM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>2</b>	<b>Tuesday, June 20, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Punarvasu Nakshatra Dhruva Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 15 Sutra 64
	Mithuna Rasi: 26.13	Tithi 2 – 3	<b>Gulika</b> 12:35PM – 2:06PM	<b>Punarvasu Until 8:07PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:34AM	Sobhana 5125
		346216571	Yama 9:35AM – 11:05AM	Dhruva Until 11:17PM	<b>Muruga:</b> Yellow	Sunset: 6:37PM	Moon 6 - Phase 10 - 15
	Creative Work Siddha Yoga		<b>Rahu</b> 3:36PM – 5:07PM	Taitila Until 11:38PM	<b>Nataraja:</b> Blue		3rd Phase
			<b>Dvitiya Until 10:39AM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>3</b>	<b>Wednesday, June 21, 2023</b>		Sobhana Nama Samvatsare Utarayane Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Pushya Nakshatra Vyaghata* Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Nairobi, Kenya Sun 16 Sutra 65
	Kataka Rasi: 8.16	Tithi 3 – 4	<b>Gulika</b> 11:05AM – 12:36PM	<b>Pushya Until 10:49PM</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:34AM	Sobhana 5125
		346216571	Yama 8:04AM – 9:35AM	Vyaghata* Until 12:03AM Thu	<b>Muruga:</b> Yellow	Sunset: 6:37PM	Moon 6 - Phase 10 - 16
	Creative Work Siddha Yoga		<b>Rahu</b> 12:36PM – 2:06PM	Vanija Until 1:48AM Thu	<b>Nataraja:</b> Blue		3rd Phase
			<b>Tritiya Until 12:40PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>4</b>	<b>Thursday, June 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha* Nakshatra Harshana Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 17 Sutra 66
	Kataka Rasi: 20.13	Tithi 4 – 5	<b>Gulika</b> 9:35AM – 11:05AM	<b>Ashlesha* Until 1:34AM Fri</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:34AM	Sobhana 5125
		346216571	Yama 6:34AM – 8:05AM	Harshana Until 12:59AM Fri	<b>Muruga:</b> Yellow	Sunset: 6:38PM	Moon 6 - Phase 10 - 17
	Creative Work Siddha Yoga		<b>Rahu</b> 2:06PM – 3:37PM	Bava Until 4:09AM Fri	<b>Nataraja:</b> Blue		3rd Phase
			<b>Chaturthi* Until 2:56PM</b>	Moon – Blue		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>5</b>	<b>Friday, June 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Magha* Nakshatra Vajra* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 18 Sutra 67
	Simha Rasi: 2.05	Tithi 5 – 6	<b>Gulika</b> 8:05AM – 9:35AM	<b>Magha* Until 4:43AM Sat</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:34AM	Sobhana 5125
		357216571	Yama 3:37PM – 5:07PM	Vajra* Until 1:56AM Sat	<b>Muruga:</b> Yellow	Sunset: 6:38PM	Moon 6 - Phase 10 - 18
	Routine Work Marana Yoga		<b>Rahu</b> 11:06AM – 12:36PM	Kaulava Until 6:33AM Sat	<b>Nataraja:</b> Blue		3rd Phase
			<b>Panchami Until 5:20PM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>6</b>	<b>Saturday, June 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni Nakshatra Siddhi Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya Sun 19 Sutra 68
	Simha Rasi: 13.58	Tithi 6	<b>Gulika</b> 6:35AM – 8:05AM	<b>Purvaphalguni Until 7:35AM Sun</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:35AM	Sobhana 5125
		357216571	Yama 2:07PM – 3:37PM	Siddhi Until 2:50AM Sun	<b>Muruga:</b> Yellow	Sunset: 6:38PM	Moon 6 - Phase 10 - 19
	Creative Work Siddha Yoga		<b>Rahu</b> 9:36AM – 11:06AM	Kaulava Until 6:33AM	<b>Nataraja:</b> Blue		3rd Phase
			<b>Shashthi* Until 7:42PM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>Retreat Star</b>	<b>Sunday, June 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Vyatipata* Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 69
	Simha Rasi: 25.52	Tithi 7	<b>Gulika</b> 3:37PM – 5:08PM	<b>Purvaphalguni Until 7:35AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:35AM	Sobhana 5125
		357216571	Yama 12:37PM – 2:07PM	Vyatipata* Until 3:32AM Mon	<b>Muruga:</b> Yellow	Sunset: 6:38PM	Moon 6 - Phase 10 - 20
	Creative Work Siddha Yoga		<b>Rahu</b> 5:08PM – 6:38PM	Gara Until 8:50AM	<b>Nataraja:</b> Blue		3rd Phase
			<b>Saptami Until 9:50PM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>Retreat Star</b>	<b>Monday, June 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Variyan Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 70
	Kanya Rasi: 7.53	Tithi 8	<b>Gulika</b> 2:07PM – 3:38PM	<b>Uttaraphalguni Until 9:59AM</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:35AM	Sobhana 5125
	<b>Family Home Evening</b>	357216571	Yama 11:06AM – 12:37PM	Variyan Until 3:49AM Tue	<b>Muruga:</b> Yellow	Sunset: 6:38PM	Moon 6 - Phase 10 - 21
	Creative Work Siddha Yoga		<b>Rahu</b> 8:06AM – 9:36AM	Visti Until 10:46AM	<b>Nataraja:</b> Blue		Ashtami
			<b>Ashtami* Until 11:31PM</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>Retreat Star</b>	<b>Tuesday, June 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Mangala Vasara Yuktayam Hasta/Chitra Nakshatra Parigha* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 71
	Kanya Rasi: 20.08	Tithi 9	<b>Gulika</b> 12:37PM – 2:07PM	<b>Hasta Until 12:10PM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:35AM	Sobhana 5125
		367316571	Yama 9:36AM – 11:07AM	Parigha* Until 3:35AM Wed	<b>Muruga:</b> Yellow	Sunset: 6:39PM	Moon 6 - Phase 10 - 22
	Creative Work Siddha Yoga		<b>Rahu</b> 3:38PM – 5:08PM	Balava Until 12:09PM	<b>Nataraja:</b> Blue		Navami
			<b>Navami* Until 12:33AM Wed</b>	Moon – Green		<b>Sivaloka Day</b>	
				Ashada*Ani			

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Wednesday, June 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Budha Vasara Yuktayam Chitra/Svati Nakshatra Shiva Yoga Taitila/Gara Karana Dashamyam Titau				Nairobi, Kenya Sun 23 Sutra 72 Sobhana 5125
	Tula Rasi: 2.4	Tithi 10	<b>Gulika</b> 11:07AM – 12:37PM	<b>Chitra</b> Until 1:29PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	
			Yama 8:06AM – 9:36AM	Shiva Until 2:44AM Thu	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 6 - Phase 11 - 23
	Creative Work	Siddha Yoga	367316571 <b>Rahu</b> 12:37PM – 2:08PM	Taitila Until 12:48PM	<b>Nataraja:</b> Blue		4th Phase
			<b>Dashami</b> Until 12:48AM Thu	Moon – Green		<b>Sivaloka Day</b>	
				Ashada*Ani			


<b>2</b>	<b>Thursday, June 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Guru Vasara Yuktayam Svati/Vishakha Nakshatra Siddha Yoga Vanija/Visti* Karana Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 73 Sobhana 5125
	Tula Rasi: 16	Tithi 11	<b>Gulika</b> 9:37AM – 11:07AM	<b>Svati</b> Until 1:49PM	<b>Ganesha:</b> White	<i>Sunrise:</i> 6:36AM	
			Yama 6:36AM – 8:06AM	Siddha Until 1:11AM Fri	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 6 - Phase 11 - 24
	Creative Work	Amrita Yoga	368316571 <b>Rahu</b> 2:08PM – 3:38PM	Vanija Until 12:37PM	<b>Nataraja:</b> Blue		4th Phase
			<b>Ekadashi</b> Until 12:11AM Fri	Moon – Green		<b>Devaloka Day</b>	
				Ashada*Ani			

<b>3</b>	<b>Friday, June 30, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Sukra Vasara Yuktayam Vishakha/Anuradha Nakshatra Sadhya Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25 Sutra 74 Sobhana 5125
	Tula Rasi: 28.58	Tithi 12	<b>Gulika</b> 8:06AM – 9:37AM	<b>Vishakha</b> Until 1:38PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	
			Yama 3:38PM – 5:09PM	Sadhya Until 10:59PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 6 - Phase 11 - 25
	Creative Work	Siddha Yoga	378316571 <b>Rahu</b> 11:07AM – 12:38PM	Bava Until 11:35AM	<b>Nataraja:</b> Blue		4th Phase
			<b>Dvadashi</b> Until 10:45PM	Moon – Orange		<b>Sivaloka Day</b>	
				Ashada*Ani			

<b>4</b>	<b>Saturday, July 1, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Manta Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Subha Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 75 Sobhana 5125
	Vrischika Rasi: 12.49	Tithi 13	<b>Gulika</b> 6:36AM – 8:07AM	<b>Anuradha</b> Until 12:32PM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	
			Yama 2:08PM – 3:39PM	Subha Until 8:12PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:39PM	Moon 6 - Phase 11 - 26
	Creative Work	Siddha Yoga	378316571 <b>Rahu</b> 9:37AM – 11:07AM	Kaulava Until 9:47AM	<b>Nataraja:</b> Blue		4th Phase
			<b>Trayodashi</b> Until 8:36PM	Moon – Orange		<b>Sivaloka Day</b>	
				Ashada*Ani			
				Pradosha Vrata			

<b>5</b>	<b>Sunday, July 2, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Sukla Pakshe Bhanu Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Sukla/Brahma Yoga Gara/Visti* Karana Chaturdashi/Purnimayam Titau				Nairobi, Kenya Sun 27 Sutra 76 Sobhana 5125
	Vrischika Rasi: 27.06	Tithi 14 – 15	<b>Gulika</b> 3:39PM – 5:09PM	<b>Jyeshtha*</b> Until 10:38AM	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:36AM	
			Yama 12:38PM – 2:08PM	Sukla Until 4:54PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 11 - 27
	Routine Work	Marana Yoga	378316571 <b>Rahu</b> 5:09PM – 6:40PM	Gara Until 7:18AM	<b>Nataraja:</b> Blue		4th Phase
			<b>Chaturdashi*</b> Until 5:50PM	Moon – Orange		<b>Sivaloka Day</b>	
				Ashada*Ani			

	<b>Monday, July 3, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam Mula*/Purvashadha* Nakshatra Brahma/Indra Yoga Bava/Balava Karana Purnima/Prathamayam Titau				Nairobi, Kenya Sun 27 Sutra 77 Sobhana 5125
	Dhanus Rasi: 11.46	Tithi 15 – 16	<b>Gulika</b> 2:09PM – 3:39PM	<b>Mula*</b> Until 8:31AM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:36AM	
	<b>Family Home Evening</b>		Yama 11:08AM – 12:38PM	Brahma Until 1:14PM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 11 - Purnima
	Creative Work	Siddha Yoga	388316571 <b>Rahu</b> 8:07AM – 9:37AM	Balava Until 12:57AM Tue	<b>Nataraja:</b> Blue		
			<b>Purnima*</b> Until 2:39PM	Moon – Light Blue		<b>Devaloka Day</b>	
				Ashada*Ani			
				Satguru Purnima			

	<b>Tuesday, July 4, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam Uttarashadha Nakshatra Indra/Vaidhriti* Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 28 Sutra 78 Sobhana 5125
	Dhanus Rasi: 26.41	Tithi 16 – 17	<b>Gulika</b> 12:38PM – 2:09PM	<b>Uttarashadha</b> Until 3:05AM Wed	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:37AM	
			Yama 9:38AM – 11:08AM	Indra Until 9:21AM	<b>Muruga:</b> Yellow	<i>Sunset:</i> 6:40PM	Moon 6 - Phase 11 - Prathama
	Creative Work	Prabalarishta Yoga	388316571 <b>Rahu</b> 3:39PM – 5:10PM	Taitila Until 9:25PM	<b>Nataraja:</b> Blue		
			<b>Prathama*</b> Until 11:11AM	Moon – Light Blue		<b>Devaloka Day</b>	
				Ashada*Ani			
				Then Creative Work - Siddha Yoga			

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

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Wednesday, July 5, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam  
Shravana Nakshatra Vishkambha\* Yoga Gara/Visti\* Karana Dvitiya/Tritiyayam Titau

Nairobi, Kenya

Sun 1 Sutra 79

Sobhana 5125

Moon 7 - Phase 12 - 1

1st Phase

Makara Rasi: 11.44 Tithi 17 - 18

398316571

**Gulika** 11:08AM - 12:39PM  
Yama 8:07AM - 9:38AM  
**Rahu** 12:39PM - 2:09PM

**Shravana Until 12:31AM Thu**  
Vishkambha\* Until 1:23AM Thu  
Visti Until 4:07AM Thu  
**Dvitiya Until 7:37AM**

**Ganesha:** Clear *Sunrise: 6:37AM*  
**Muruga:** Yellow *Sunset: 6:40PM*  
**Nataraja:** Blue  
Moon - Purple  
**Ashada\*Ani**

**Sivaloka Day**

Creative Work Siddha Yoga

1

Thursday, July 6, 2023

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam  
Dhanishtha Nakshatra Priti Yoga Bava/Balava Karana Chaturthyam Titau

Nairobi, Kenya

Sun 2 Sutra 80

Sobhana 5125

Moon 7 - Phase 12 - 2

1st Phase

Makara Rasi: 26.44 Tithi 19

399316571

**Gulika** 9:38AM - 11:08AM  
Yama 6:37AM - 8:07AM  
**Rahu** 2:09PM - 3:40PM

**Dhanishtha Until 10:01PM**  
Priti Until 9:36PM  
Bava Until 2:27PM  
**Chaturthi\* Until 12:50AM Fri**

**Ganesha:** Purple *Sunrise: 6:37AM*  
**Muruga:** Yellow *Sunset: 6:40PM*  
**Nataraja:** Blue  
Moon - Purple  
**Ashada\*Ani**

**Subha Sivaloka Day**

Creative Work Siddha Yoga

2

Friday, July 7, 2023

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

Nairobi, Kenya

Sun 3 Sutra 81

Sobhana 5125

Moon 7 - Phase 12 - 3

1st Phase

Kumbha Rasi: 11.34 Tithi 20

499316571

**Gulika** 8:08AM - 9:38AM  
Yama 3:40PM - 5:10PM  
**Rahu** 11:08AM - 12:39PM

**Shatabhishak Until 7:43PM**  
Ayushman Until 6:04PM  
Kaulava Until 11:20AM  
**Panchami Until 9:54PM**

**Ganesha:** Clear *Sunrise: 6:37AM*  
**Muruga:** Yellow *Sunset: 6:41PM*  
**Nataraja:** Blue  
Moon - Purple  
**Ashada\*Ani**

**Sivaloka Day**

Creative Work Siddha Yoga

3

Saturday, July 8, 2023

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Shashtyayam Titau

Nairobi, Kenya

Sun 4 Sutra 82

Sobhana 5125

Moon 7 - Phase 12 - 4

1st Phase

Kumbha Rasi: 26.05 Tithi 21

419316571

**Gulika** 6:37AM - 8:08AM  
Yama 2:09PM - 3:40PM  
**Rahu** 9:38AM - 11:09AM

**Purvaproshtapada\* Until 6:09PM**  
Saubhagya Until 2:56PM  
Gara Until 8:37AM  
**Shashthi\* Until 7:26PM**

**Ganesha:** Yellow *Sunrise: 6:37AM*  
**Muruga:** Yellow *Sunset: 6:41PM*  
**Nataraja:** Blue  
Moon - Clear  
**Ashada\*Ani**

**Sivaloka Day**

Routine Work Marana Yoga

Until 6:09PM

Then Creative Work - Siddha Yoga

4

Sunday, July 9, 2023

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Sobhana/Athiganda\* Yoga Visti\*/Balava Karana Saptami/Ashamyam Titau

Nairobi, Kenya

Sun 5 Sutra 83

Sobhana 5125

Moon 7 - Phase 12 - 5

1st Phase

Meena Rasi: 10.16 Tithi 22 - 23

419316571

**Gulika** 3:40PM - 5:10PM  
Yama 12:39PM - 2:10PM  
**Rahu** 5:10PM - 6:41PM

**Uttaraproshtapada Until 5:01PM**  
Sobhana Until 12:15PM  
Visti Until 6:26AM  
**Saptami Until 5:32PM**

**Ganesha:** Yellow *Sunrise: 6:37AM*  
**Muruga:** Yellow *Sunset: 6:41PM*  
**Nataraja:** Blue  
Moon - Clear  
**Ashada\*Ani**

**Sivaloka Day**

Creative Work Amrita Yoga

D

Monday, July 10, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Indu Vasara Yuktayam  
Revati/Ashvini Nakshatra Athiganda\*/Sukarma Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Nairobi, Kenya

Sun 6 Sutra 84

Sobhana 5125

Moon 7 - Phase 12 - 6

Ashtami

Meena Rasi: 24.05 Tithi 23 - 24

419316571

**Gulika** 2:10PM - 3:40PM  
Yama 11:09AM - 12:39PM  
**Rahu** 8:08AM - 9:38AM

**Revati Until 4:20PM**  
Athiganda\* Until 10:02AM  
Taitila Until 3:51AM Tue  
**Ashtami\* Until 4:15PM**

**Ganesha:** Yellow *Sunrise: 6:38AM*  
**Muruga:** Yellow *Sunset: 6:41PM*  
**Nataraja:** Blue  
Moon - Clear  
**Ashada\*Ani**

**Sivaloka Day**

Creative Work Siddha Yoga

Family Home Evening

Tuesday, July 11, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Mangala Vasara Yuktayam  
Ashvini/Bharani Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Nairobi, Kenya

Sun 7 Sutra 85

Sobhana 5125

Moon 7 - Phase 12 - 7

Navami

Mesha Rasi: 7.31 Tithi 24 - 25

429316571

**Gulika** 12:39PM - 2:10PM  
Yama 9:39AM - 11:09AM  
**Rahu** 3:40PM - 5:11PM

**Ashvini Until 4:33PM**  
Sukarma Until 8:21AM  
Vanija Until 3:29AM Wed  
**Navami\* Until 3:34PM**

**Ganesha:** Blue *Sunrise: 6:38AM*  
**Muruga:** Yellow *Sunset: 6:41PM*  
**Nataraja:** Blue  
Moon - White  
**Ashada\*Ani**

**Subha Sivaloka Day**

Creative Work Siddha Yoga

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

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<b>1</b>	<b>Wednesday, July 12, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Budha Vasara Yuktayam Bharani/Krittika Nakshatra Dhriti/Shula* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau		Nairobi, Kenya Sun 8 Sutra 86
	Mesha Rasi: 20.38 Tithi 25 – 26	<b>Gulika</b> 11:09AM – 12:40PM Yama 8:08AM – 9:39AM 429316571 <b>Rahu</b> 12:40PM – 2:10PM	<b>Bharani Until 5:12PM</b> Dhriti Until 7:08AM Bava Until 3:40AM Thu <b>Dashami Until 3:29PM</b>	<b>Ganesha:</b> Blue Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:41PM <b>Nataraja:</b> Blue Moon – White <b>Ashada*Ani</b>

Creative Work Siddha Yoga  
Until 5:12PM  
Then Creative Work - Amrita Yoga

<b>2</b>	<b>Thursday, July 13, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Guru Vasara Yuktayam Krittika Nakshatra Shula*/Ganda* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau		Nairobi, Kenya Sun 9 Sutra 87
	Vrishabha Rasi: 3.28 Tithi 26 – 27	<b>Gulika</b> 9:39AM – 11:09AM Yama 6:38AM – 8:08AM 429316571 <b>Rahu</b> 2:10PM – 3:41PM	<b>Krittika Until 6:12PM</b> Shula* Until 6:21AM Kaulava Until 4:20AM Fri <b>Ekadashi* Until 3:55PM</b>	<b>Ganesha:</b> Blue Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:41PM <b>Nataraja:</b> Blue Moon – White <b>Ashada*Ani</b>

Routine Work Marana Yoga

<b>3</b>	<b>Friday, July 14, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Vriddhi Yoga Tautila/Gara Karana Dvadashi/Trayodashyam Titau		Nairobi, Kenya Sun 10 Sutra 88
	Vrishabha Rasi: 16.05 Tithi 27 – 28	<b>Gulika</b> 8:09AM – 9:39AM Yama 3:41PM – 5:11PM 431316571 <b>Rahu</b> 11:09AM – 12:40PM	<b>Rohini Until 7:56PM</b> Vriddhi Until 5:51AM Sat Gara Until 5:24AM Sat <b>Dvadashi* Until 4:48PM</b>	<b>Ganesha:</b> Clear Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:42PM <b>Nataraja:</b> Blue Moon – Yellow <b>Ashada*Ani</b>


Routine Work Marana Yoga  
Until 7:56PM  
Then Creative Work - Siddha Yoga

<b>4</b>	<b>Saturday, July 15, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Dhruva Yoga Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 11 Sutra 89
	Vrishabha Rasi: 28.31 Tithi 28	<b>Gulika</b> 6:38AM – 8:09AM Yama 2:10PM – 3:41PM 431316571 <b>Rahu</b> 9:39AM – 11:09AM	<b>Mrigashira Until 9:53PM</b> Dhruva Until 6:02AM Sun Vanija Until 6:04PM <b>Trayodashi* Until 6:04PM</b>	<b>Ganesha:</b> Clear Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:42PM <b>Nataraja:</b> Blue Moon – Yellow <b>Ashada*Ani</b>

Creative Work Siddha Yoga

<b>5</b>	<b>Sunday, July 16, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Mithuna Mase Krishna Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Dhruva/Vyaghata* Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 12 Sutra 90
	Mithuna Rasi: 10.47 Tithi 29	<b>Gulika</b> 3:41PM – 5:11PM Yama 12:40PM – 2:10PM 431316571 <b>Rahu</b> 5:11PM – 6:42PM	<b>Ardra Until 11:59PM</b> Dhruva Until 6:02AM Visti Until 6:50AM <b>Chaturdashi* Until 7:39PM</b>	<b>Ganesha:</b> Clear Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:42PM <b>Nataraja:</b> Blue Moon – Yellow <b>Ashada*Ani</b>

Creative Work Siddha Yoga

	<b>Monday, July 17, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Vyaghata*/Harshana Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 13 Sutra 91
	Mithuna Rasi: 22.56 Tithi 30	<b>Gulika</b> 2:11PM – 3:41PM Yama 11:10AM – 12:40PM 441316572 <b>Rahu</b> 8:09AM – 9:39AM	<b>Punarvasu Until 2:40AM Tue</b> Vyaghata* Until 6:27AM Catuspada Until 8:35AM <b>Amavasya* Until 9:32PM</b>	<b>Ganesha:</b> Orange Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:42PM <b>Nataraja:</b> Yellow Moon – Blue <b>Ashada*Adi</b>

**Retreat Star**  
Family Home Evening  
Creative Work Amrita Yoga  
Until 2:40AM Tue  
Then Creative Work - Siddha Yoga

	<b>Tuesday, July 18, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Harshana/Vajra* Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 14 Sutra 92
	Kataka Rasi: 4.59 Tithi 1	<b>Gulika</b> 12:40PM – 2:11PM Yama 9:39AM – 11:10AM 441316572 <b>Rahu</b> 3:41PM – 5:12PM	<b>Pushya Until 5:26AM Wed</b> Harshana Until 7:05AM Kintughna Until 10:35AM <b>Prathama* Until 11:39PM</b>	<b>Ganesha:</b> Orange Sunrise: 6:38AM <b>Muruga:</b> Yellow Sunset: 6:42PM <b>Nataraja:</b> Yellow Moon – Blue <b>Sravana Adhika*Adi</b>

**Retreat Star**  
Creative Work Siddha Yoga

<b>1</b>	<b>Wednesday, July 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Vajra*/Siddhi Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 93
	Kataka Rasi: 16.56	Tithi 2	<b>Gulika</b> 11:10AM – 12:40PM	<b>Ashlesha* Until 8:12AM Thu</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:38AM		Sobhana 5125
			Yama 8:09AM – 9:39AM	Vajra* Until 7:53AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 15
	441316572	<b>Rahu</b> 12:40PM – 2:11PM	Balava Until 12:49PM	<b>Dvitiya Until 1:59AM Thu</b>	<b>Nataraja:</b> Yellow Moon – Blue		3rd Phase
Creative Work Siddha Yoga Until 8:12AM Thu Then Creative Work - Amrita Yoga		<b>Devaloka Day</b> Srivana Adhika*Adi					

<b>2</b>	<b>Thursday, July 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam Ashlesha*/Magha* Nakshatra Siddhi/Vyatipata* Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya Sun 16 Sutra 94
	Kataka Rasi: 28.49	Tithi 3	<b>Gulika</b> 9:39AM – 11:10AM	<b>Ashlesha* Until 8:12AM</b>	<b>Ganesha:</b> Orange <i>Sunrise:</i> 6:39AM		Sobhana 5125
			Yama 6:39AM – 8:09AM	Siddhi Until 8:49AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 16
	441316572	<b>Rahu</b> 2:11PM – 3:41PM	Taitila Until 3:13PM	<b>Tritiya Until 4:25AM Fri</b>	<b>Nataraja:</b> Yellow Moon – Blue		3rd Phase
Creative Work Siddha Yoga Until 8:12AM Then Creative Work - Amrita Yoga		<b>Devaloka Day</b> Srivana Adhika*Adi					

<b>3</b>	<b>Friday, July 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vyatipata*/Varyan Yoga Vanija/Visti* Karana Chaturthiyam Titau				Nairobi, Kenya Sun 17 Sutra 95
	Simha Rasi: 10.4	Tithi 4	<b>Gulika</b> 8:09AM – 9:39AM	<b>Magha* Until 11:24AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:39AM		Sobhana 5125
			Yama 3:41PM – 5:12PM	Vyatipata* Until 9:51AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 17
	451316572	<b>Rahu</b> 11:10AM – 12:40PM	Vanija Until 5:41PM	<b>Chaturthi* Until 6:53AM Sat</b>	<b>Nataraja:</b> Yellow Moon – Red		3rd Phase
Routine Work Marana Yoga Until 11:24AM Then Creative Work - Siddha Yoga		<b>Devaloka Day</b> Srivana Adhika*Adi					

<b>4</b>	<b>Saturday, July 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Varyan/Parigha* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 18 Sutra 96
	Simha Rasi: 22.3	Tithi 4 – 5	<b>Gulika</b> 6:39AM – 8:09AM	<b>Purvaphalguni Until 2:24PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:39AM		Sobhana 5125
			Yama 2:11PM – 3:41PM	Varyan Until 10:50AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 18
	451416572	<b>Rahu</b> 9:40AM – 11:10AM	Bava Until 8:05PM	<b>Chaturthi* Until 6:53AM</b>	<b>Nataraja:</b> Yellow Moon – Red		3rd Phase
Creative Work Siddha Yoga Until 2:24PM Then Routine Work - Marana Yoga		<b>Bhuloka Day</b> Srivana Adhika*Adi Devaloka Time: 3:PM to 6:PM					

<b>5</b>	<b>Sunday, July 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau				Nairobi, Kenya Sun 19 Sutra 97
	Kanya Rasi: 4.23	Tithi 5 – 6	<b>Gulika</b> 3:41PM – 5:12PM	<b>Uttaraphalguni Until 5:03PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:39AM		Sobhana 5125
			Yama 12:40PM – 2:11PM	Parigha* Until 11:42AM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 19
	451416572	<b>Rahu</b> 5:12PM – 6:42PM	Kaulava Until 10:16PM	<b>Panchami Until 9:12AM</b>	<b>Nataraja:</b> Yellow Moon – Red		3rd Phase
Creative Work Amrita Yoga		<b>Bhuloka Day</b> Srivana Adhika*Adi Devaloka Time: 3:PM to 6:PM					

<b>6</b>	<b>Monday, July 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam Hasta Nakshatra Shiva/Siddha Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya Sun 20 Sutra 98
	Kanya Rasi: 16.24	Tithi 6 – 7	<b>Gulika</b> 2:11PM – 3:41PM	<b>Hasta Until 7:40PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:39AM		Sobhana 5125
	<b>Family Home Evening</b>		Yama 11:10AM – 12:41PM	Shiva Until 12:19PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 20
	462416572	<b>Rahu</b> 8:09AM – 9:40AM	Gara Until 12:00AM Tue	<b>Shashthi* Until 11:11AM</b>	<b>Nataraja:</b> Yellow Moon – Green		3rd Phase
Creative Work Siddha Yoga Until 7:40PM Then Routine Work - Prabalarishta Yoga		<b>Sivaloka Day</b> Srivana Adhika*Adi					

<b>☾</b>	<b>Tuesday, July 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Siddha/Sadhya Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau				Nairobi, Kenya Sun 21 Sutra 99
	<b>Retreat Star</b>		<b>Gulika</b> 12:41PM – 2:11PM	<b>Chitra Until 9:32PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:39AM		Sobhana 5125
	Kanya Rasi: 28.37	Tithi 7 – 8	Yama 9:40AM – 11:10AM	Siddha Until 12:30PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 21
	462416572	<b>Rahu</b> 3:41PM – 5:12PM	Visti Until 1:07AM Wed	<b>Saptami Until 12:38PM</b>	<b>Nataraja:</b> Yellow Moon – Green		Ashtami
Creative Work Siddha Yoga		<b>Sivaloka Day</b> Srivana Adhika*Adi					

<b>☾</b>	<b>Wednesday, July 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Svati Nakshatra Sadhya/Subha Yoga Bava/Balava Karana Ashtami/Navamyam Titau				Nairobi, Kenya Sun 22 Sutra 100
	<b>Retreat Star</b>		<b>Gulika</b> 11:10AM – 12:41PM	<b>Svati Until 10:29PM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:39AM		Sobhana 5125
	Tula Rasi: 11.06	Tithi 8 – 9	Yama 8:09AM – 9:40AM	Sadhya Until 12:07PM	<b>Muruga:</b> Yellow <i>Sunset:</i> 6:42PM		Moon 7 - Phase 14 - 22
	462416572	<b>Rahu</b> 12:41PM – 2:11PM	Balava Until 1:27AM Thu	<b>Ashtami* Until 1:22PM</b>	<b>Nataraja:</b> Yellow Moon – Green		Navami
Creative Work Siddha Yoga		<b>Sivaloka Day</b> Srivana 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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

www.gurudeva.org/panchang

**1****Thursday, July 27, 2023**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Guru Vasara Yuktayam  
Vishakha Nakshatra Subha/Sukla Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau

Nairobi, Kenya

Tula Rasi: 23.59 Tithi 9 – 10

**Gulika** 9:40AM – 11:10AM  
Yama 6:39AM – 8:09AM  
472416572 **Rahu** 2:11PM – 3:41PM**Vishakha** Until 10:55PM  
Subha Until 11:07AM  
Taitila Until 12:55AM Fri  
**Navami\*** Until 1:16PM**Ganesha:** Clear *Sunrise:* 6:39AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Orange  
**Sravana Adhika\*Adi**Sun 23 Sutra 101  
Sobhana 5125  
Moon 7 - Phase 15 - 23  
4th Phase**Devaloka Day**

Creative Work Siddha Yoga

**2****Friday, July 28, 2023**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Sukra Vasara Yuktayam  
Anuradha Nakshatra Sukla/Brahma Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau

Nairobi, Kenya

Vrischika Rasi: 7.18 Tithi 10 – 11

**Gulika** 8:09AM – 9:40AM  
Yama 3:41PM – 5:12PM  
472416572 **Rahu** 11:10AM – 12:41PM**Anuradha** Until 10:21PM  
Sukla Until 9:23AM  
Vanija Until 11:31PM  
**Dashami** Until 12:18PM**Ganesha:** Clear *Sunrise:* 6:39AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Orange  
**Sravana Adhika\*Adi**Sun 24 Sutra 102  
Sobhana 5125  
Moon 7 - Phase 15 - 24  
4th Phase**Devaloka Day**

Creative Work Siddha Yoga

Until 10:21PM

Then Routine Work - Marana Yoga

**3****Saturday, July 29, 2023**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Manta Vasara Yuktayam  
Jyeshtha\* Nakshatra Brahma/Indra Yoga Visti\*/Bava Karana Ekadashi/Dvadashyam Titau

Nairobi, Kenya

Vrischika Rasi: 21.07 Tithi 11 – 12

**Gulika** 6:39AM – 8:09AM  
Yama 2:11PM – 3:41PM  
472416572 **Rahu** 9:40AM – 11:10AM**Jyeshtha\*** Until 8:51PM  
Brahma Until 6:59AM  
Bava Until 9:21PM  
**Ekadashi** Until 10:31AM**Ganesha:** Clear *Sunrise:* 6:39AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Orange  
**Sravana Adhika\*Adi**Sun 25 Sutra 103  
Sobhana 5125  
Moon 7 - Phase 15 - 25  
4th Phase**Devaloka Day**

Creative Work Siddha Yoga

**4****Sunday, July 30, 2023**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Mula\* Nakshatra Vaidhriti\* Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau

Nairobi, Kenya

Dhanus Rasi: 5.25 Tithi 12 – 13

**Gulika** 3:41PM – 5:12PM  
Yama 12:40PM – 2:11PM  
482416572 **Rahu** 5:12PM – 6:42PM**Mula\*** Until 6:58PM  
Vaidhriti\* Until 12:27AM Mon  
Kaulava Until 6:31PM  
**Dvadashi** Until 7:59AM**Ganesha:** White *Sunrise:* 6:39AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Sravana Adhika\*Adi**Sun 26 Sutra 104  
Sobhana 5125  
Moon 7 - Phase 15 - 26  
4th Phase**Sivaloka Day**

Creative Work Amrita Yoga

Until 6:58PM

Then Creative Work - Siddha Yoga

*Pradosha Vrata***5****Monday, July 31, 2023**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Indu Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Vishkamba\* Yoga Gara/Vanija Karana Chaturdashyam Titau

Nairobi, Kenya

Dhanus Rasi: 20.08 Tithi 14

**Family Home Evening****Gulika** 2:11PM – 3:41PM  
Yama 11:10AM – 12:40PM  
482416572 **Rahu** 8:09AM – 9:39AM**Purvashadha\*** Until 4:25PM  
Vishkamba\* Until 8:32PM  
Gara Until 3:11PM  
**Chaturdashi\*** Until 1:21AM Tue**Ganesha:** White *Sunrise:* 6:38AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Sravana Adhika\*Adi**Sun 27 Sutra 105  
Sobhana 5125  
Moon 7 - Phase 15 - 27  
4th Phase**Sivaloka Day**

Routine Work Marana Yoga

**Tuesday, August 1, 2023****Copper Retreat Star**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Mangala Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Purnimayam Titau

Nairobi, Kenya

Makara Rasi: 5.12 Tithi 15

**Gulika** 12:40PM – 2:11PM  
Yama 9:39AM – 11:10AM  
482416572 **Rahu** 3:41PM – 5:12PM**Uttarashadha** Until 1:25PM  
Priti Until 4:23PM  
Visti Until 11:30AM  
**Purnima\*** Until 9:34PM**Ganesha:** White *Sunrise:* 6:38AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Light Blue  
**Sravana Adhika\*Adi**Sutra 106  
Sobhana 5125  
Moon 7 - Phase 15 -  
Purnima**Sivaloka Day**

Routine Work Prabalarishta Yoga

Until 1:25PM

Then Creative Work - Siddha Yoga

**Wednesday, August 2, 2023****Silver Retreat Star**Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Ayushman/Saubhagya Yoga Balava/Taitila Karana Prathama/Dvityayam Titau

Nairobi, Kenya

Makara Rasi: 20.26 Tithi 16 – 17

**Gulika** 11:10AM – 12:40PM  
Yama 8:09AM – 9:39AM  
492416572 **Rahu** 12:40PM – 2:11PM**Shravana** Until 10:32AM  
Ayushman Until 12:06PM  
Balava Until 7:39AM  
**Prathama\*** Until 5:42PM**Ganesha:** Yellow *Sunrise:* 6:38AM  
**Muruga:** Yellow *Sunset:* 6:42PM  
**Nataraja:** Yellow  
Moon – Purple  
**Sravana Adhika\*Adi**Sutra 107  
Sobhana 5125  
Moon 7 - Phase 15 -  
Prathama**Devaloka Day**

Creative Work Siddha Yoga

Until 10:32AM

Then Routine Work - Prabalarishta Yoga



Thursday, August 3, 2023

Gold Retreat Star

Kumbha Rasi: 5.41 Tithi 17 - 18

Creative Work Siddha Yoga

492416572

Gulika 9:39AM - 11:10AM  
Yama 6:38AM - 8:09AM  
Rahu 2:11PM - 3:41PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Saubhagya/Sobhana Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Dhanishtha Until 7:32AM  
Saubhagya Until 7:53AM  
Vanija Until 12:08AM Fri  
Dvitiya Until 1:55PM

Ganesha: Yellow Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - Purple  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 1 Sutra 108  
Sobhana 5125  
Moon 8 - Phase 16 - 1  
1st Phase

1

Friday, August 4, 2023

Kumbha Rasi: 20.46 Tithi 18 - 19

Creative Work Siddha Yoga

412416572

Gulika 8:09AM - 9:39AM  
Yama 3:41PM - 5:12PM  
Rahu 11:10AM - 12:40PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Athiganda\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Purvaproshtapada\* Until 2:21AM Sat  
Athiganda\* Until 12:04AM Sat  
Bava Until 8:48PM  
Tritiya Until 10:24AM

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - Clear  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 2 Sutra 109  
Sobhana 5125  
Moon 8 - Phase 16 - 2  
1st Phase

2

Saturday, August 5, 2023

Meena Rasi: 5.33 Tithi 19 - 20

Creative Work Siddha Yoga

Until 12:28AM Sun

Then Creative Work - Amrita Yoga

412416572

Gulika 6:38AM - 8:09AM  
Yama 2:11PM - 3:41PM  
Rahu 9:39AM - 11:10AM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam  
Uttaraproshtapada Nakshatra Sukarma Yoga Balava/Taitila Karana Chaturthi/Panchamyam Titau

Uttaraproshtapada Until 12:28AM Sun  
Sukarma Until 8:45PM  
Taitila Until 4:44AM Sun  
Chaturthi\* Until 7:17AM

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - Clear  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 3 Sutra 110  
Sobhana 5125  
Moon 8 - Phase 16 - 3  
1st Phase

3

Sunday, August 6, 2023

Meena Rasi: 19.56 Tithi 21

Creative Work Amrita Yoga

Until 11:05PM

Then Creative Work - Siddha Yoga

413416572

Gulika 3:41PM - 5:11PM  
Yama 12:40PM - 2:10PM  
Rahu 5:11PM - 6:42PM

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

Revati Until 11:05PM  
Dhriti Until 5:58PM  
Gara Until 3:44PM  
Shashthi\* Until 2:52AM Mon

Ganesha: White Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - Clear  
Sravana Adhika\*Adi

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

Nairobi, Kenya  
Sun 4 Sutra 111  
Sobhana 5125  
Moon 8 - Phase 16 - 4  
1st Phase

4

Monday, August 7, 2023

Mesha Rasi: 3.52 Tithi 22

Family Home Evening

Creative Work Siddha Yoga

423416572

Gulika 2:10PM - 3:41PM  
Yama 11:09AM - 12:40PM  
Rahu 8:08AM - 9:39AM

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

Ashvini Until 10:44PM  
Shula\* Until 3:44PM  
Visti Until 2:13PM  
Saptami Until 1:43AM Tue

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - White  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 5 Sutra 112  
Sobhana 5125  
Moon 8 - Phase 16 - 5  
1st Phase

D

Tuesday, August 8, 2023

Retreat Star

Mesha Rasi: 17.22 Tithi 23

Creative Work Siddha Yoga

423416572

Gulika 12:40PM - 2:10PM  
Yama 9:39AM - 11:09AM  
Rahu 3:41PM - 5:11PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam  
Bharani Nakshatra Ganda\*/Vridhhi Yoga Balava/Kaulava Karana Ashtamyam Titau

Bharani Until 10:59PM  
Ganda\* Until 2:08PM  
Balava Until 1:28PM  
Ashtami\* Until 1:21AM Wed

Ganesha: Clear Sunrise: 6:38AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - White  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 6 Sutra 113  
Sobhana 5125  
Moon 8 - Phase 16 - 6  
Ashtami

Wednesday, August 9, 2023

Retreat Star

Vrishabha Rasi: 0.26 Tithi 24

Creative Work Amrita Yoga

Until 11:47PM

Then Creative Work - Siddha Yoga

423416572

Gulika 11:09AM - 12:40PM  
Yama 8:08AM - 9:39AM  
Rahu 12:40PM - 2:10PM

Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Budha Vasara Yuktayam  
Krittika Nakshatra Vriddhi/Dhruva Yoga Taitila/Gara Karana Navamyam Titau

Krittika Until 11:47PM  
Vriddhi Until 1:08PM  
Taitila Until 1:27PM  
Navami\* Until 1:40AM Thu

Ganesha: Clear Sunrise: 6:37AM  
Muruga: Yellow Sunset: 6:42PM  
Nataraja: Yellow  
Moon - White  
Sravana Adhika\*Adi

Devaloka Day

Nairobi, Kenya  
Sun 7 Sutra 114  
Sobhana 5125  
Moon 8 - Phase 16 - 7  
Navami

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Thursday, August 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Guru Vasara Yuktayam Rohini Nakshatra Dhruva/Vyaghata* Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 115 Sobhana 5125
	Vrishabha Rasi: 13.1	Tithi 25	<b>Gulika</b> 9:38AM – 11:09AM	<b>Rohini Until 1:30AM Fri</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:37AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:42PM</i>	Moon 8 - Phase 17 - 8
			Yama 6:37AM – 8:08AM	Dhruva Until 12:38PM	<b>Nataraja:</b> Yellow		2nd Phase
	433416572	<b>Rahu</b> 2:10PM – 3:40PM		Vanija Until 2:06PM	Moon – Yellow	<b>Bhuloka Day</b>	
Routine Work Marana Yoga			<b>Dashami Until 2:37AM Fri</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		
Until 1:30AM Fri							
Then Creative Work - Siddha Yoga							

<b>2</b>	<b>Friday, August 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Sukra Vasara Yuktayam Mrigashira Nakshatra Vyaghata*/Harshana Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 116 Sobhana 5125
	Vrishabha Rasi: 25.38	Tithi 26	<b>Gulika</b> 8:08AM – 9:38AM	<b>Mrigashira Until 3:33AM Sat</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:37AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 9
			Yama 3:40PM – 5:11PM	Vyaghata* Until 12:35PM	<b>Nataraja:</b> Yellow		2nd Phase
	433416572	<b>Rahu</b> 11:09AM – 12:39PM		Bava Until 3:18PM	Moon – Yellow	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga			<b>Ekadashi* Until 4:03AM Sat</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		

<b>3</b>	<b>Saturday, August 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Manta Vasara Yuktayam Ardra Nakshatra Harshana/Vajra* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 117 Sobhana 5125
	Mithuna Rasi: 7.54	Tithi 27	<b>Gulika</b> 6:37AM – 8:07AM	<b>Ardra Until 5:47AM Sun</b>	<b>Ganesha:</b> Purple <i>Sunrise: 6:37AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 10
			Yama 2:10PM – 3:40PM	Harshana Until 12:53PM	<b>Nataraja:</b> Yellow		2nd Phase
	433416572	<b>Rahu</b> 9:38AM – 11:09AM		Kaulava Until 4:56PM	Moon – Yellow	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga			<b>Dvadashi* Until 5:52AM Sun</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		

<b>4</b>	<b>Sunday, August 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Bhanu Vasara Yuktayam Punarvasu Nakshatra Vajra*/Siddhi Yoga Gara Karana Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 118 Sobhana 5125
	Mithuna Rasi: 20.01	Tithi 28	<b>Gulika</b> 3:40PM – 5:11PM	<b>Punarvasu Until 8:36AM Mon</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:37AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 11
			Yama 12:39PM – 2:09PM	Vajra* Until 1:25PM	<b>Nataraja:</b> Yellow		2nd Phase
	433416572	<b>Rahu</b> 5:11PM – 6:41PM		Gara Until 6:53PM	Moon – Blue	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga			<b>Trayodashi* Until 7:56AM Mon</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		
<i>Pradosha Vrata (Fasting)</i>							

<b>5</b>	<b>Monday, August 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Indu Vasara Yuktayam Punarvasu/Pushya Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 119 Sobhana 5125
	Kataka Rasi: 2.01	Tithi 28 – 29	<b>Gulika</b> 2:09PM – 3:40PM	<b>Punarvasu Until 8:36AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:37AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 12
	<b>Family Home Evening</b>		Yama 11:08AM – 12:39PM	Siddhi Until 2:08PM	<b>Nataraja:</b> Yellow		2nd Phase
	443416572	<b>Rahu</b> 8:07AM – 9:38AM		Visti Until 9:04PM	Moon – Blue	<b>Bhuloka Day</b>	
Creative Work Amrita Yoga			<b>Trayodashi* Until 7:56AM</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		
Until 8:36AM							
Then Creative Work - Siddha Yoga							

	<b>Tuesday, August 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Krishna Pakshe Mangala Vasara Yuktayam Pushya/Ashlesha* Nakshatra Vyatipata*/Varyan Yoga Sakuni*/Catuspada* Karana Chaturdashil/Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 120 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 12:39PM – 2:09PM	<b>Pushya Until 11:26AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise: 6:36AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 13
	Kataka Rasi: 13.58	Tithi 29 – 30	Yama 9:37AM – 11:08AM	Vyatipata* Until 3:01PM	<b>Nataraja:</b> Yellow		Amavasya
	443416572	<b>Rahu</b> 3:40PM – 5:10PM		Catuspada Until 11:24PM	Moon – Blue	<b>Bhuloka Day</b>	
Creative Work Siddha Yoga			<b>Chaturdashil* Until 10:12AM</b>	<b>Sravana Adhika*Adi</b>	<b>Devaloka Time: 3:PM to 6:PM</b>		

<b>Retreat Star</b>	<b>Wednesday, August 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Nartana Ritau Kataka Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha*/Magha* Nakshatra Varyan/Parigha* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 121 Sobhana 5125
	Kataka Rasi: 25.5	Tithi 30 – 1	<b>Gulika</b> 11:08AM – 12:38PM	<b>Ashlesha* Until 2:14PM</b>	<b>Ganesha:</b> Orange <i>Sunrise: 6:36AM</i>	<b>Muruga:</b> Yellow <i>Sunset: 6:41PM</i>	Moon 8 - Phase 17 - 14
			Yama 8:07AM – 9:37AM	Variyan Until 3:56PM	<b>Nataraja:</b> Yellow		Prathama
	443516572	<b>Rahu</b> 12:38PM – 2:09PM		Kintughna Until 1:50AM Thu	Moon – Blue	<b>Devaloka Day</b>	
Creative Work Siddha Yoga			<b>Amavasya* Until 12:35PM</b>	<b>Sravana*Adi</b>			

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				Nairobi, Kenya
	Simha Rasi: 7.41	Tithi 1 – 2	<b>Gulika</b> 9:37AM – 11:08AM	<b>Magha* Until 5:24PM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:36AM	Sun 15 Sutra 122
	453516572	Rahu	Yama 6:36AM – 8:06AM	Parigha* Until 4:55PM	<b>Muruga:</b> Yellow	Sunset: 6:40PM	Sobhana 5125
Creative Work Amrita Yoga			Rahu 2:09PM – 3:39PM	Balava Until 4:17AM Fri	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 15	3rd Phase
Until 5:24PM				<b>Prathama* Until 3:03PM</b>	Moon – Red	<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga					Sravana*Avani		

<b>2</b>	<b>Friday, August 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Purvaphalguni Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya
	Simha Rasi: 19.32	Tithi 2 – 3	<b>Gulika</b> 8:06AM – 9:37AM	<b>Purvaphalguni Until 8:23PM</b>	<b>Ganesha:</b> Orange	Sunrise: 6:36AM	Sun 16 Sutra 123
	553516572	Rahu	Yama 3:39PM – 5:10PM	Shiva Until 5:54PM	<b>Muruga:</b> Yellow	Sunset: 6:40PM	Sobhana 5125
Creative Work Siddha Yoga			Rahu 11:07AM – 12:38PM	Taitila Until 6:41AM Sat	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 16	3rd Phase
				<b>Dvitiya Until 5:29PM</b>	Moon – Red	<b>Devaloka Day</b>	
					Sravana*Avani		

<b>3</b>	<b>Saturday, August 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Uttaraphalguni Nakshatra Siddha Yoga Taitila/Gara Karana Tritiyayam Titau				Nairobi, Kenya
	Kanya Rasi: 1.25	Tithi 3	<b>Gulika</b> 6:35AM – 8:06AM	<b>Uttaraphalguni Until 11:05PM</b>	<b>Ganesha:</b> Orange	Sunrise: 6:35AM	Sun 17 Sutra 124
	553516572	Rahu	Yama 2:08PM – 3:39PM	Siddha Until 6:45PM	<b>Muruga:</b> Yellow	Sunset: 6:40PM	Sobhana 5125
Routine Work Marana Yoga			Rahu 9:37AM – 11:07AM	Taitila Until 6:41AM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 17	3rd Phase
				<b>Tritiya Until 7:48PM</b>	Moon – Red	<b>Devaloka Day</b>	
					Sravana*Avani		

<b>4</b>	<b>Sunday, August 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta Nakshatra Sadhya Yoga Vanija/Visti* Karana Chaturthyam Titau				Nairobi, Kenya
	Kanya Rasi: 13.22	Tithi 4	<b>Gulika</b> 3:39PM – 5:09PM	<b>Hasta Until 1:51AM Mon</b>	<b>Ganesha:</b> Clear	Sunrise: 6:35AM	Sun 18 Sutra 125
	563516572	Rahu	Yama 12:37PM – 2:08PM	Sadhya Until 7:26PM	<b>Muruga:</b> Yellow	Sunset: 6:40PM	Sobhana 5125
Creative Work Amrita Yoga			Rahu 5:09PM – 6:40PM	Vanija Until 8:54AM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 18	3rd Phase
Until 1:51AM Mon				<b>Chaturthi* Until 9:52PM</b>	Moon – Green	<b>Devaloka Day</b>	
Then Routine Work - Prabalarishta Yoga					Sravana*Avani		

<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 Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya
	Kanya Rasi: 25.25	Tithi 5	<b>Gulika</b> 2:08PM – 3:38PM	<b>Chitra Until 4:02AM Tue</b>	<b>Ganesha:</b> Purple	Sunrise: 6:35AM	Sun 19 Sutra 126
	564516572	Rahu	Yama 11:07AM – 12:37PM	Subha Until 7:50PM	<b>Muruga:</b> Yellow	Sunset: 6:40PM	Sobhana 5125
Family Home Evening			Rahu 8:05AM – 9:36AM	Bava Until 10:47AM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 19	3rd Phase
Routine Work Prabalarishta Yoga			<b>Nag Panchami</b>	<b>Panchami Until 11:31PM</b>	Moon – Green	<b>Bhuloka Day</b>	
Until 4:02AM Tue					Sravana*Avani		Devaloka Time: 3:PM to 6:PM
Then Creative Work - Siddha 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 Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya
	Tula Rasi: 7.4	Tithi 6	<b>Gulika</b> 12:37PM – 2:08PM	<b>Svati Until 5:29AM Wed</b>	<b>Ganesha:</b> Purple	Sunrise: 6:35AM	Sun 20 Sutra 127
	564516572	Rahu	Yama 9:36AM – 11:06AM	Sukla Until 7:48PM	<b>Muruga:</b> Yellow	Sunset: 6:39PM	Sobhana 5125
Creative Work Siddha Yoga			Rahu 3:38PM – 5:09PM	Kaulava Until 12:11PM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 20	3rd Phase
				<b>Shashthi* Until 12:38AM Wed</b>	Moon – Green	<b>Bhuloka Day</b>	
					Sravana*Avani		Devaloka Time: 3:PM to 6:PM

<b>Wednesday, August 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha Nakshatra Brahma Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya
<b>Retreat Star</b>		<b>Gulika</b> 11:06AM – 12:37PM	<b>Vishakha Until 6:34AM Thu</b>	<b>Ganesha:</b> Clear	Sunrise: 6:34AM	Sun 21 Sutra 128
Tula Rasi: 20.11	Tithi 7	Yama 8:05AM – 9:36AM	Brahma Until 7:14PM	<b>Muruga:</b> Yellow	Sunset: 6:39PM	Sobhana 5125
574516572	Rahu	Rahu 12:37PM – 2:07PM	Gara Until 12:57PM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 21	3rd Phase
Creative Work Siddha Yoga			<b>Saptami Until 1:02AM Thu</b>	Moon – Orange	<b>Devaloka Day</b>	
				Sravana*Avani		

<b>Retreat Star</b>	<b>Thursday, August 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Guru Vasara Yuktayam Vishakha/Anuradha Nakshatra Indra Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya
	Vrischika Rasi: 3.01	Tithi 8	<b>Gulika</b> 9:35AM – 11:06AM	<b>Vishakha Until 6:34AM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:34AM	Sun 22 Sutra 129
	574516572	Rahu	Yama 6:34AM – 8:05AM	Indra Until 6:06PM	<b>Muruga:</b> Yellow	Sunset: 6:39PM	Sobhana 5125
Creative Work Siddha Yoga			Rahu 2:07PM – 3:38PM	Visti Until 12:58PM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 22	Ashtami
				<b>Ashtami* Until 12:40AM Fri</b>	Moon – Orange	<b>Devaloka Day</b>	
					Sravana*Avani		

<b>Friday, August 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Sukra Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Vaidhriti*/Vishakmbha* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya
<b>Retreat Star</b>		<b>Gulika</b> 8:04AM – 9:35AM	<b>Anuradha Until 6:42AM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:34AM	Sun 23 Sutra 130
Vrischika Rasi: 16.16	Tithi 9	Yama 3:37PM – 5:08PM	Vaidhriti* Until 4:17PM	<b>Muruga:</b> Yellow	Sunset: 6:39PM	Sobhana 5125
574516572	Rahu	Rahu 11:06AM – 12:36PM	Balava Until 12:12PM	<b>Nataraja:</b> Yellow	Moon 8 - Phase 18 - 23	Navami
Creative Work Siddha Yoga			<b>Navami* Until 11:30PM</b>	Moon – Orange	<b>Devaloka Day</b>	
Until 6:42AM				Sravana*Avani		
Then Routine Work - Marana 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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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# 1

## Saturday, August 26, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam  
Mula\* Nakshatra Vishkambha\*/Priti Yoga Taitila/Gara Karana Dashamyam Titau

Nairobi, Kenya

Sun 24 Sutra 131

Sobhana 5125

Moon 8 - Phase 19 - 24

4th Phase

Vrischika Rasi: 29.57 Tithi 10

**Gulika** 6:33AM – 8:04AM

Yama 2:07PM – 3:37PM

574516572 **Rahu** 9:35AM – 11:05AM

**Mula\* Until 4:41AM Sun**

Vishkambha\* Until 1:52PM

Taitila Until 10:39AM

**Dashami Until 9:34PM**

**Ganesha:** Clear *Sunrise:* 6:33AM

**Muruga:** Yellow *Sunset:* 6:38PM

**Nataraja:** Yellow

Moon – Orange

**Sravana\*Avani**

**Devaloka Day**

Creative Work Siddha Yoga

# 2

## Sunday, August 27, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Purvashadha\* Nakshatra Priti/Ayushman Yoga Vanija/Visti\* Karana Ekadashyam Titau

Nairobi, Kenya

Sun 25 Sutra 132

Sobhana 5125

Moon 8 - Phase 19 - 25

4th Phase

Dhanus Rasi: 14.07 Tithi 11

**Gulika** 3:37PM – 5:08PM

Yama 12:36PM – 2:06PM

584516572 **Rahu** 5:08PM – 6:38PM

**Purvashadha\* Until 2:40AM Mon**

Priti Until 10:52AM

Vanija Until 8:22AM

**Ekadashi Until 6:58PM**

**Ganesha:** White *Sunrise:* 6:33AM

**Muruga:** Yellow *Sunset:* 6:38PM

**Nataraja:** Yellow

Moon – Light Blue

**Sravana\*Avani**

**Bhuloka Day**

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

Creative Work Siddha Yoga

Until 2:40AM Mon

Then Routine Work - Marana Yoga

# 3

## Monday, August 28, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Indu Vasara Yuktayam  
Uttarashadha Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvodashi/Trayodashyam Titau

Nairobi, Kenya

Sun 26 Sutra 133

Sobhana 5125

Moon 8 - Phase 19 - 26

4th Phase

Dhanus Rasi: 28.42 Tithi 12 – 13

**Gulika** 2:06PM – 3:37PM

Yama 11:05AM – 12:35PM

584516573 **Rahu** 8:03AM – 9:34AM

**Uttarashadha Until 12:02AM Tue**

Ayushman Until 7:21AM

Kaulava Until 2:07AM Tue

**Dvodashi Until 3:49PM**

**Ganesha:** White *Sunrise:* 6:33AM

**Muruga:** Yellow *Sunset:* 6:38PM

**Nataraja:** White

Moon – Light Blue

**Sravana\*Avani**

**Devaloka Day**

Routine Work Marana Yoga

Until 12:02AM Tue

Then Creative Work - Siddha Yoga

*Pradosha Vrata*

# 4

## Tuesday, August 29, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Mangala Vasara Yuktayam  
Shravana Nakshatra Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau

Nairobi, Kenya

Sun 27 Sutra 134

Sobhana 5125

Moon 8 - Phase 19 - 27

4th Phase

Makara Rasi: 13.39 Tithi 13 – 14

**Gulika** 12:35PM – 2:06PM

Yama 9:34AM – 11:04AM

594516573 **Rahu** 3:36PM – 5:07PM

**Shravana Until 9:19PM**

Sobhana Until 11:20PM

Gara Until 10:26PM

**Trayodashi Until 12:17PM**

**Ganesha:** Yellow *Sunrise:* 6:33AM

**Muruga:** Yellow *Sunset:* 6:38PM

**Nataraja:** White

Moon – Purple

**Sravana\*Avani**

**Sivaloka Day**

Creative Work Siddha Yoga

**Chidambaram Abhishekam**



## Wednesday, August 30, 2023

### Copper Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Budha Vasara Yuktayam  
Dhanishtha Nakshatra Athiganda\* Yoga Vanija/Visti\* Karana Chaturdashi/Purnimayam Titau

Nairobi, Kenya

Sutra 135

Sobhana 5125

Moon 8 - Phase 19 - Purnima

Makara Rasi: 28.5 Tithi 14 – 15

**Gulika** 11:04AM – 12:35PM

Yama 8:03AM – 9:33AM

594516573 **Rahu** 12:35PM – 2:05PM

**Dhanishtha Until 6:19PM**

Athiganda\* Until 7:04PM

Visti Until 6:36PM

**Chaturdashi\* Until 8:30AM**

**Ganesha:** Yellow *Sunrise:* 6:32AM

**Muruga:** Yellow *Sunset:* 6:37PM

**Nataraja:** White

Moon – Purple

**Sravana\*Avani**

**Sivaloka Day**

Routine Work Prabalarishta Yoga

Until 6:19PM

Then Creative Work - Siddha Yoga

**Avani Avittam**

## Thursday, August 31, 2023

### Silver Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Guru Vasara Yuktayam  
Shatabhishak/Purvaprosithapada\* Nakshatra Sukarma/Dhriti Yoga Balava/Kaulava Karana Prathamayam Titau

Nairobi, Kenya

Sutra 136

Sobhana 5125

Moon 8 - Phase 19 - Prathama

Kumbha Rasi: 14.05 Tithi 16

**Gulika** 9:33AM – 11:04AM

Yama 6:32AM – 8:03AM

594516573 **Rahu** 2:05PM – 3:36PM

**Shatabhishak Until 3:11PM**

Sukarma Until 2:49PM

Balava Until 2:47PM

**Prathama\* Until 12:55AM Fri**

**Ganesha:** Yellow *Sunrise:* 6:32AM

**Muruga:** Yellow *Sunset:* 6:37PM

**Nataraja:** White

Moon – Purple

**Sravana\*Avani**

**Sivaloka Day**

Creative Work Siddha Yoga





Friday, September 1, 2023

Gold Retreat Star

Kumbha Rasi: 29.14 Tithi 17

Creative Work Siddha Yoga

514516573

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Purvaproshthapada/Uttaraproshthapada Nakshatra Dhriti/Shula\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Gulika 8:02AM - 9:33AM  
Yama 3:35PM - 5:06PM  
Rahu 11:03AM - 12:34PM

Purvaproshthapada\* Until 12:31PM  
Dhriti Until 10:44AM  
Taitila Until 11:10AM  
Dvitiya Until 9:27PM

Ganesha: Yellow  
Muruga: Yellow  
Nataraja: White  
Moon - Clear  
Sravana\*Avani

Sunrise: 6:32AM  
Sunset: 6:37PM

Sivaloka Day

Nairobi, Kenya  
Sutra 137  
Sobhana 5125  
Moon 9 - Phase 20 - 1st Phase

1

Saturday, September 2, 2023

Meena Rasi: 14.09 Tithi 18

Creative Work Siddha Yoga

Until 10:05AM

Then Routine Work - Prabararishta Yoga

515516573

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Uttaraproshthapada/Revati Nakshatra Shula\*/Ganda\* Yoga Vanija/Visti\* Karana Tritiyayam Titau

Gulika 6:31AM - 8:02AM  
Yama 2:04PM - 3:35PM  
Rahu 9:33AM - 11:03AM

Uttaraproshthapada Until 10:05AM  
Shula\* Until 6:55AM  
Vanija Until 7:53AM  
Tritiya Until 6:25PM

Ganesha: Red  
Muruga: Yellow  
Nataraja: White  
Moon - Clear  
Sravana\*Avani

Sunrise: 6:31AM  
Sunset: 6:36PM

Sivaloka Day

Nairobi, Kenya  
Sun 1 Sutra 138  
Sobhana 5125  
Moon 9 - Phase 20 - 1st Phase

2

Sunday, September 3, 2023

Meena Rasi: 28.41 Tithi 19 - 20

Creative Work Amrita Yoga

Until 8:02AM

Then Creative Work - Siddha Yoga

515516573

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

Gulika 3:35PM - 5:06PM  
Yama 12:34PM - 2:04PM  
Rahu 5:06PM - 6:36PM

Revati Until 8:02AM  
Vriddhi Until 12:42AM Mon  
Kaulava Until 3:00AM Mon  
Chaturthi\* Until 3:57PM

Ganesha: Red  
Muruga: Yellow  
Nataraja: White  
Moon - Clear  
Sravana\*Avani

Sunrise: 6:31AM  
Sunset: 6:36PM

Sivaloka Day

Nairobi, Kenya  
Sun 2 Sutra 139  
Sobhana 5125  
Moon 9 - Phase 20 - 2 1st Phase

3

Monday, September 4, 2023

Mesha Rasi: 12.47 Tithi 20 - 21

Family Home Evening

Creative Work Siddha Yoga

525516573

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Ashvini/Bharani Nakshatra Dhruva Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Gulika 2:04PM - 3:35PM  
Yama 11:03AM - 12:33PM  
Rahu 8:01AM - 9:32AM

Ashvini Until 6:56AM  
Dhruva Until 10:26PM  
Gara Until 1:39AM Tue  
Panchami Until 2:12PM

Ganesha: Green  
Muruga: Yellow  
Nataraja: White  
Moon - White  
Sravana\*Avani

Sunrise: 6:30AM  
Sunset: 6:36PM

Devaloka Day

Nairobi, Kenya  
Sun 3 Sutra 140  
Sobhana 5125  
Moon 9 - Phase 20 - 3 1st Phase

4

Tuesday, September 5, 2023

Mesha Rasi: 26.24 Tithi 21 - 22

Creative Work Siddha Yoga

525516573

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

Gulika 12:33PM - 2:04PM  
Yama 9:31AM - 11:02AM  
Rahu 3:34PM - 5:05PM

Bharani Until 6:28AM  
Vyaghata\* Until 8:50PM  
Visti Until 1:06AM Wed  
Shashthi\* Until 1:15PM

Ganesha: Green  
Muruga: Yellow  
Nataraja: White  
Moon - White  
Sravana\*Avani

Sunrise: 6:30AM  
Sunset: 6:36PM

Devaloka Day

Nairobi, Kenya  
Sun 4 Sutra 141  
Sobhana 5125  
Moon 9 - Phase 20 - 4 1st Phase

D

Wednesday, September 6, 2023

Retreat Star

Vrishabha Rasi: 9.34 Tithi 22 - 23

Creative Work Amrita Yoga

Until 6:38AM

Then Creative Work - Siddha Yoga

525516573

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Krittika/Rohini Nakshatra Harshana Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Gulika 11:02AM - 12:33PM  
Yama 8:00AM - 9:31AM  
Rahu 12:33PM - 2:03PM

Krishna Janmashtami

Krittika Until 6:38AM  
Harshana Until 7:54PM  
Balava Until 1:22AM Thu  
Saptami Until 1:07PM

Ganesha: Green  
Muruga: Yellow  
Nataraja: White  
Moon - White  
Sravana\*Avani

Sunrise: 6:30AM  
Sunset: 6:35PM

Devaloka Day

Nairobi, Kenya  
Sun 5 Sutra 142  
Sobhana 5125  
Moon 9 - Phase 20 - 5 Ashtami

Thursday, September 7, 2023

Retreat Star

Vrishabha Rasi: 22.2 Tithi 23 - 24

Routine Work Marana Yoga

535516573

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

Gulika 9:31AM - 11:01AM  
Yama 6:29AM - 8:00AM  
Rahu 2:03PM - 3:34PM

Rohini Until 7:54AM  
Vajra\* Until 7:30PM  
Taitila Until 2:21AM Fri  
Ashtami\* Until 1:45PM

Ganesha: Orange  
Muruga: Yellow  
Nataraja: White  
Moon - Yellow  
Sravana\*Avani

Sunrise: 6:29AM  
Sunset: 6:35PM

Sivaloka Day

Nairobi, Kenya  
Sun 6 Sutra 143  
Sobhana 5125  
Moon 9 - Phase 20 - 6 Navami

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 Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Friday, September 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Sukra Vasara Yuktayam Mrigashira/Ardra Nakshatra Siddhi Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 7 Sutra 144 Sobhana 5125
	Mithuna Rasi: 4.47	Tithi 24 – 25	<b>Gulika</b> 8:00AM – 9:30AM	<b>Mrigashira</b> Until 9:40AM	<b>Ganesha:</b> Orange	Sunrise: 6:29AM	
			Yama 3:33PM – 5:04PM	Siddhi Until 7:37PM	<b>Muruga:</b> Yellow	Sunset: 6:35PM	Moon 9 - Phase 21 - 7
	535516573		<b>Rahu</b> 11:01AM – 12:32PM	Vanija Until 3:55AM Sat	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Navami* Until 3:03PM</b>	Moon – Yellow		<b>Sivaloka Day</b>	
				<b>Sravana*Avani</b>			


<b>2</b>	<b>Saturday, September 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Manta Vasara Yuktayam Ardra/Punarvasu Nakshatra Vyatipata* Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 8 Sutra 145 Sobhana 5125
	Mithuna Rasi: 16.59	Tithi 25 – 26	<b>Gulika</b> 6:29AM – 7:59AM	<b>Ardra</b> Until 11:47AM	<b>Ganesha:</b> Orange	Sunrise: 6:29AM	
			Yama 2:02PM – 3:33PM	Vyatipata* Until 8:06PM	<b>Muruga:</b> Yellow	Sunset: 6:34PM	Moon 9 - Phase 21 - 8
	535516573		<b>Rahu</b> 9:30AM – 11:01AM	Bava Until 5:55AM Sun	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Dashami</b> Until 4:51PM	Moon – Yellow		<b>Sivaloka Day</b>	
				<b>Sravana*Avani</b>			


<b>3</b>	<b>Sunday, September 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Bhanu Vasara Yuktayam Punarvasu/Pushya Nakshatra Variyan Yoga Balava Karana Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 146 Sobhana 5125
	Mithuna Rasi: 29.02	Tithi 26	<b>Gulika</b> 3:33PM – 5:03PM	<b>Punarvasu</b> Until 2:37PM	<b>Ganesha:</b> Purple	Sunrise: 6:28AM	
			Yama 12:31PM – 2:02PM	Variyan Until 8:48PM	<b>Muruga:</b> Yellow	Sunset: 6:34PM	Moon 9 - Phase 21 - 9
	545616573		<b>Rahu</b> 5:03PM – 6:34PM	Balava Until 7:00PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Ekadashi* Until 7:00PM</b>	Moon – Blue		<b>Devaloka Day</b>	
		<b>Grandparent's Day</b>		<b>Sravana*Avani</b>			

<b>4</b>	<b>Monday, September 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Indu Vasara Yuktayam Pushya/Ashlesha* Nakshatra Parigha* Yoga Kaulava/Taitila Karana Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 147 Sobhana 5125
	Kataka Rasi: 10.58	Tithi 27	<b>Gulika</b> 2:02PM – 3:32PM	<b>Pushya</b> Until 5:29PM	<b>Ganesha:</b> Light Blue	Sunrise: 6:28AM	
	<b>Family Home Evening</b>		Yama 11:00AM – 12:31PM	Parigha* Until 9:41PM	<b>Muruga:</b> Yellow	Sunset: 6:34PM	Moon 9 - Phase 21 - 10
	546616573		<b>Rahu</b> 7:59AM – 9:29AM	Kaulava Until 8:11AM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Dvadashi* Until 9:22PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Sravana*Avani</b>			

<b>5</b>	<b>Tuesday, September 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Mangala Vasara Yuktayam Ashlesha* Nakshatra Shiva Yoga Gara/Vanija Karana Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 148 Sobhana 5125
	Kataka Rasi: 22.5	Tithi 28	<b>Gulika</b> 12:30PM – 2:01PM	<b>Ashlesha*</b> Until 8:18PM	<b>Ganesha:</b> Light Blue	Sunrise: 6:28AM	
			Yama 9:29AM – 11:00AM	Shiva Until 10:38PM	<b>Muruga:</b> Yellow	Sunset: 6:33PM	Moon 9 - Phase 21 - 11
	546616573		<b>Rahu</b> 3:32PM – 5:03PM	Gara Until 10:37AM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Trayodashi* Until 11:49PM</b>	Moon – Blue		<b>Devaloka Day</b>	
				<b>Sravana*Avani</b>			
				<i>Pradosha Vrata (Fasting)</i>			

<b>6</b>	<b>Wednesday, September 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakshe Budha Vasara Yuktayam Magha* Nakshatra Siddha Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 149 Sobhana 5125
	Simha Rasi: 4.42	Tithi 29	<b>Gulika</b> 10:59AM – 12:30PM	<b>Magha*</b> Until 11:26PM	<b>Ganesha:</b> Purple	Sunrise: 6:27AM	
			Yama 7:58AM – 9:29AM	Siddha Until 11:33PM	<b>Muruga:</b> Yellow	Sunset: 6:33PM	Moon 9 - Phase 21 - 12
	556616573		<b>Rahu</b> 12:30PM – 2:01PM	Visti Until 1:04PM	<b>Nataraja:</b> White		2nd Phase
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 2:16AM Thu</b>	Moon – Red		<b>Devaloka Day</b>	
Until 11:26PM				<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 Nakshatra Sadhya Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 150 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 9:28AM – 10:59AM	<b>Purvaphalguni</b> Until 2:20AM Fri	<b>Ganesha:</b> Purple	Sunrise: 6:27AM	
	Simha Rasi: 16.34	Tithi 30	Yama 6:27AM – 7:58AM	Sadhya Until 12:24AM Fri	<b>Muruga:</b> Yellow	Sunset: 6:33PM	Moon 9 - Phase 21 - 13
	556616573		<b>Rahu</b> 2:00PM – 3:31PM	Catuspada Until 3:28PM	<b>Nataraja:</b> White		Amavasya
Creative Work	Siddha Yoga		<b>Amavasya* Until 4:36AM Fri</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 Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 151 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 7:57AM – 9:28AM	<b>Uttaraphalguni</b> Until 4:53AM Sat	<b>Ganesha:</b> Purple	Sunrise: 6:26AM	
	Simha Rasi: 28.29	Tithi 1	Yama 3:31PM – 5:02PM	Subha Until 1:09AM Sat	<b>Muruga:</b> White	Sunset: 6:32PM	Moon 9 - Phase 21 - 14
	556626573		<b>Rahu</b> 10:59AM – 12:29PM	Kintughna Until 5:44PM	<b>Nataraja:</b> White		Prathama
Creative Work	Siddha Yoga		<b>Prathama* Until 6:45AM Sat</b>	Moon – Red		<b>Sivaloka Day</b>	
Until 4:53AM Sat				<b>Bhadrapada*Avani</b>			
Then Routine Work - Marana 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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Saturday, September 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Sukla Pakshe Manta Vasara Yuktayam Hasta Nakshatra Sukla Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau		Nairobi, Kenya Sun 15 Sutra 152 Sobhana 5125	
	Kanya Rasi: 10.28	Tithi 1 – 2	<b>Gulika</b> 6:26AM – 7:57AM Yama 2:00PM – 3:31PM <b>Rahu</b> 9:28AM – 10:58AM	<b>Hasta Until 7:30AM Sun</b> Sukla Until 1:39AM Sun Balava Until 7:46PM <b>Prathama* Until 6:45AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:26AM <b>Muruga:</b> White <i>Sunset:</i> 6:32PM <b>Nataraja:</b> White Moon – Green	Moon 9 - Phase 22 - 15 3rd Phase <b>Sivaloka Day</b> Bhadrapada*Avani
Routine Work Marana Yoga Until 7:30AM Sun Then Creative Work - Siddha Yoga						

<b>2</b>	<b>Sunday, September 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Hasta/Chitra Nakshatra Brahma Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau		Nairobi, Kenya Sun 16 Sutra 153 Sobhana 5125	
	Kanya Rasi: 22.34	Tithi 2 – 3	<b>Gulika</b> 3:30PM – 5:01PM Yama 12:29PM – 1:59PM <b>Rahu</b> 5:01PM – 6:32PM	<b>Hasta Until 7:30AM</b> Brahma Until 1:56AM Mon Taitila Until 9:28PM <b>Dvitiya Until 8:38AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:26AM <b>Muruga:</b> White <i>Sunset:</i> 6:32PM <b>Nataraja:</b> White Moon – Green	Moon 9 - Phase 22 - 16 3rd Phase <b>Sivaloka Day</b> Bhadrapada*Puratasi
Creative Work Amrita Yoga Until 7:30AM Then Creative Work - Siddha Yoga						

<b>3</b>	<b>Monday, September 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Chitra/Svati Nakshatra Indra Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau		Nairobi, Kenya Sun 17 Sutra 154 Sobhana 5125	
	Tula Rasi: 4.48	Tithi 3 – 4	<b>Gulika</b> 1:59PM – 3:30PM Yama 10:58AM – 12:28PM <b>Rahu</b> 7:56AM – 9:27AM	<b>Chitra Until 9:37AM</b> Indra Until 1:53AM Tue Vanija Until 10:47PM <b>Tritiya Until 10:09AM</b>	<b>Ganesha:</b> Light Blue <i>Sunrise:</i> 6:25AM <b>Muruga:</b> White <i>Sunset:</i> 6:31PM <b>Nataraja:</b> White Moon – Green	Moon 9 - Phase 22 - 17 3rd Phase <b>Sivaloka Day</b> Bhadrapada*Puratasi
Family Home Evening Routine Work Prabalarishta Yoga Until 9:37AM Then Creative Work - Amrita Yoga						

<b>4</b>	<b>Tuesday, September 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam Svati/Vishakha Nakshatra Vaidhriti* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau		Nairobi, Kenya Sun 18 Sutra 155 Sobhana 5125	
	Tula Rasi: 17.13	Tithi 4 – 5	<b>Gulika</b> 12:28PM – 1:59PM Yama 9:26AM – 10:57AM <b>Rahu</b> 3:30PM – 5:00PM	<b>Svati Until 11:08AM</b> Vaidhriti* Until 1:26AM Wed Bava Until 11:36PM <b>Chaturthi* Until 11:14AM</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:25AM <b>Muruga:</b> White <i>Sunset:</i> 6:31PM <b>Nataraja:</b> White Moon – Green	Moon 9 - Phase 22 - 18 3rd Phase <b>Sivaloka Day</b> Bhadrapada*Puratasi
Creative Work Siddha Yoga Until 11:08AM Then Routine Work - Marana Yoga						

<b>5</b>	<b>Wednesday, September 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam Vishakha/Anuradha Nakshatra Vishkambha* Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau		Nairobi, Kenya Sun 19 Sutra 156 Sobhana 5125	
	Tula Rasi: 29.52	Tithi 5 – 6	<b>Gulika</b> 10:57AM – 12:28PM Yama 7:55AM – 9:26AM <b>Rahu</b> 12:28PM – 1:58PM	<b>Vishakha Until 12:28PM</b> Vishkambha* Until 12:34AM Thu Kaulava Until 11:52PM <b>Panchami Until 11:47AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM <b>Muruga:</b> White <i>Sunset:</i> 6:31PM <b>Nataraja:</b> White Moon – Orange	Moon 9 - Phase 22 - 19 3rd Phase <b>Subha Sivaloka Day</b> Bhadrapada*Puratasi
Creative Work Siddha Yoga						

<b>6</b>	<b>Thursday, September 21, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Priti Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau		Nairobi, Kenya Sun 20 Sutra 157 Sobhana 5125	
	Vrischika Rasi: 12.47	Tithi 6 – 7	<b>Gulika</b> 9:26AM – 10:56AM Yama 6:24AM – 7:55AM <b>Rahu</b> 1:58PM – 3:29PM	<b>Anuradha Until 1:04PM</b> Priti Until 11:13PM Gara Until 11:31PM <b>Shashthi* Until 11:45AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM <b>Muruga:</b> White <i>Sunset:</i> 6:30PM <b>Nataraja:</b> White Moon – Orange	Moon 9 - Phase 22 - 20 3rd Phase <b>Subha Sivaloka Day</b> Bhadrapada*Puratasi
Creative Work Siddha Yoga Until 1:04PM Then Routine Work - Prabalarishta Yoga						

<b>☾</b>	<b>Friday, September 22, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Sukra Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Ayushman Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau		Nairobi, Kenya Sun 21 Sutra 158 Sobhana 5125	
	Vrischika Rasi: 26.02	Tithi 7 – 8	<b>Gulika</b> 7:54AM – 9:25AM Yama 3:29PM – 4:59PM <b>Rahu</b> 10:56AM – 12:27PM	<b>Jyeshtha* Until 12:54PM</b> Ayushman Until 9:20PM Visti Until 10:32PM <b>Saptami Until 11:05AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:24AM <b>Muruga:</b> White <i>Sunset:</i> 6:30PM <b>Nataraja:</b> White Moon – Orange	Moon 9 - Phase 22 - 21 Ashtami <b>Subha Sivaloka Day</b> Bhadrapada*Puratasi
Retreat Star Routine Work Marana Yoga Until 12:54PM Then Creative Work - Amrita Yoga						

<b>☽</b>	<b>Saturday, September 23, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Manta Vasara Yuktayam Mula*/Purvashadha* Nakshatra Saubhagya Yoga Bava/Balava Karana Ashtami/Navamyam Titau		Nairobi, Kenya Sun 22 Sutra 159 Sobhana 5125	
	Dhanus Rasi: 9.38	Tithi 8 – 9	<b>Gulika</b> 6:23AM – 7:54AM Yama 1:57PM – 3:28PM <b>Rahu</b> 9:25AM – 10:56AM	<b>Mula* Until 12:24PM</b> Saubhagya Until 6:58PM Balava Until 8:55PM <b>Ashtami* Until 9:47AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:23AM <b>Muruga:</b> White <i>Sunset:</i> 6:30PM <b>Nataraja:</b> White Moon – Light Blue	Moon 9 - Phase 22 - 22 Navami <b>Sivaloka Day</b> Bhadrapada*Puratasi
Creative Work Siddha Yoga						

1

Sunday, September 24, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Purvashadha\*/Uttarashadha Nakshatra Sobhana/Athiganda\* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau

Nairobi, Kenya

Sun 23 Sutra 160

Sobhana 5125

Moon 9 - Phase 23 - 23

4th Phase

Dhanus Rasi: 23.36 Tithi 9 - 10

587626573

Gulika

3:28PM - 4:59PM

Purvashadha\* Until 11:10AM

Ganesha: White

Sunrise: 6:23AM

Yama

12:26PM - 1:57PM

Sobhana Until 4:08PM

Muruga: White

Sunset: 6:29PM

Rahu

4:59PM - 6:29PM

Taitila Until 6:44PM

Nataraja: White

Moon - Light Blue

Sivaloka Day

Creative Work Siddha Yoga

Until 11:10AM

Then Creative Work - Amrita Yoga

2

Monday, September 25, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam  
Uttarashadha/Shravana Nakshatra Athiganda\*/Sukarma Yoga Vanija/Visti\* Karana Ekadashyam Titau

Nairobi, Kenya

Sun 24 Sutra 161

Sobhana 5125

Moon 9 - Phase 23 - 24

4th Phase

Makara Rasi: 7.56 Tithi 11

588626573

Gulika

1:57PM - 3:28PM

Uttarashadha Until 9:15AM

Ganesha: Clear

Sunrise: 6:23AM

Yama

10:55AM - 12:26PM

Athiganda\* Until 12:51PM

Muruga: White

Sunset: 6:29PM

Rahu

7:53AM - 9:24AM

Vanija Until 4:02PM

Nataraja: White

Moon - Light Blue

Subha Sivaloka Day

Family Home Evening

Routine Work Marana Yoga

Until 9:15AM

Then Creative Work - Amrita Yoga

3

Tuesday, September 26, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Mangala Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Dvadashyam Titau

Nairobi, Kenya

Sun 25 Sutra 162

Sobhana 5125

Moon 9 - Phase 23 - 25

4th Phase

Makara Rasi: 22.35 Tithi 12

598626573

Gulika

12:26PM - 1:56PM

Shravana Until 7:11AM

Ganesha: White

Sunrise: 6:22AM

Yama

9:24AM - 10:55AM

Sukarma Until 9:15AM

Muruga: White

Sunset: 6:29PM

Rahu

3:27PM - 4:58PM

Bava Until 12:57PM

Nataraja: White

Moon - Purple

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Dvadashi Until 11:17PM

Bhadrapada\*Puratasi

4

Wednesday, September 27, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Budha Vasara Yuktayam  
Shatabhishak Nakshatra Shula\* Yoga Kaulava/Taitila Karana Trayodashyam Titau

Nairobi, Kenya

Sun 26 Sutra 163

Sobhana 5125

Moon 9 - Phase 23 - 26

4th Phase

Kumbha Rasi: 7.29 Tithi 13

598626573

Gulika

10:54AM - 12:25PM

Shatabhishak Until 1:53AM Thu

Ganesha: White

Sunrise: 6:22AM

Yama

7:53AM - 9:23AM

Shula\* Until 1:25AM Thu

Muruga: White

Sunset: 6:29PM

Rahu

12:25PM - 1:56PM

Kaulava Until 9:36AM

Nataraja: White

Moon - Purple

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Trayodashi Until 7:51PM

Bhadrapada\*Puratasi

Chidambaram Abhishekam

Kadaitswami Mahasamadhi

Pradosha Vrata

5

Thursday, September 28, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Guru Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Ganda\* Yoga Gara/Visti\* Karana Chaturdashi/Purnimayam Titau

Nairobi, Kenya

Sun 27 Sutra 164

Sobhana 5125

Moon 9 - Phase 23 - 27

4th Phase

Kumbha Rasi: 22.29 Tithi 14 - 15

618626573

Gulika

9:23AM - 10:54AM

Purvaproshtapada\* Until 11:21PM

Ganesha: Yellow

Sunrise: 6:21AM

Yama

6:21AM - 7:52AM

Ganda\* Until 9:26PM

Muruga: White

Sunset: 6:28PM

Rahu

1:56PM - 3:27PM

Gara Until 6:08AM

Nataraja: White

Moon - Clear

Subha Sivaloka Day

Creative Work Siddha Yoga

Chaturdashi\* Until 4:23PM

Bhadrapada\*Puratasi

O

Friday, September 29, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam  
Uttaraproshtapada Nakshatra Vriddhi/Dhruva Yoga Bava/Balava Karana Purnima/Prathamayam Titau

Nairobi, Kenya

Sutra 165

Sobhana 5125

Moon 9 - Phase 23 -

Purnima

Meena Rasi: 7.28 Tithi 15 - 16

618626573

Gulika

7:52AM - 9:23AM

Uttaraproshtapada Until 8:50PM

Ganesha: Yellow

Sunrise: 6:21AM

Yama

3:26PM - 4:57PM

Vriddhi Until 5:35PM

Muruga: White

Sunset: 6:28PM

Rahu

10:54AM - 12:24PM

Balava Until 11:26PM

Nataraja: White

Moon - Clear

Subha Sivaloka Day

Creative Work Siddha Yoga

Purnima\* Until 1:01PM

Bhadrapada\*Puratasi

Saturday, September 30, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Revati Nakshatra Dhruva/Vyaghata\* Yoga Kaulava/Taitila Karana Prathama/Dvityayam Titau

Nairobi, Kenya

Sutra 166

Sobhana 5125

Moon 9 - Phase 23 -

Prathama

Meena Rasi: 22.17 Tithi 16 - 17

618626573

Gulika

6:21AM - 7:52AM

Revati Until 6:31PM

Ganesha: Yellow

Sunrise: 6:21AM

Yama

1:55PM - 3:26PM

Dhruva Until 1:57PM

Muruga: White

Sunset: 6:28PM

Rahu

9:22AM - 10:53AM

Taitila Until 8:32PM

Nataraja: White

Moon - Clear

Subha Sivaloka Day

Routine Work Prabalarishta Yoga

Until 6:31PM

Then Creative Work - Siddha Yoga

Prathama\* Until 9:55AM

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 Nairobi, Kenya on 1/25/22

www.gurudeva.org/panchang



**Sunday, October 1, 2023**  
**Gold Retreat Star**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Ashvini/Bharani Nakshatra Vyaghata\*/Harshana Yoga Gara/Vanija Karana Dvitiya/Tritiyam Titau

Nairobi, Kenya

Sun 1 Sutra 167

Mesha Rasi: 6.49 Tithi 17 - 18

**Gulika** 3:26PM - 4:56PM  
Yama 12:24PM - 1:55PM  
**Rahu** 4:56PM - 6:27PM

**Ashvini Until 4:57PM**  
Vyaghata\* Until 10:43AM  
Vanija Until 6:07PM  
**Dvitiya Until 7:14AM**

**Ganesha:** White *Sunrise:* 6:20AM  
**Muruga:** White *Sunset:* 6:27PM  
**Nataraja:** White  
Moon - White **Subha Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

Creative Work Siddha Yoga  
Until 4:57PM  
Then Routine Work - Prabararishta Yoga

**1**

**Monday, October 2, 2023**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam  
Bharani/Krittika Nakshatra Harshana/Vajra\* Yoga Bava/Balava Karana Chaturtham Titau

Nairobi, Kenya

Sun 2 Sutra 168

Mesha Rasi: 20.58 Tithi 19

**Gulika** 1:54PM - 3:25PM  
Yama 10:53AM - 12:24PM  
**Rahu** 7:51AM - 9:22AM

**Bharani Until 3:53PM**  
Harshana Until 7:58AM  
Bava Until 4:20PM  
**Chaturthi\* Until 3:42AM Tue**

**Ganesha:** Clear *Sunrise:* 6:20AM  
**Muruga:** White *Sunset:* 6:27PM  
**Nataraja:** White  
Moon - White **Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

**Family Home Evening**  
Creative Work Siddha Yoga  
Until 3:53PM  
Then Routine Work - Marana Yoga

**2**

**Tuesday, October 3, 2023**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam  
Krittika/Rohini Nakshatra Siddhi Yoga Kaulava/Taitila Karana Panchamyam Titau

Nairobi, Kenya

Sun 3 Sutra 169

Vrishabha Rasi: 4.4 Tithi 20

**Gulika** 12:23PM - 1:54PM  
Yama 9:21AM - 10:52AM  
**Rahu** 3:25PM - 4:56PM

**Krittika Until 3:23PM**  
Siddhi Until 4:10AM Wed  
Kaulava Until 3:17PM  
**Panchami Until 3:03AM Wed**

**Ganesha:** Clear *Sunrise:* 6:20AM  
**Muruga:** White *Sunset:* 6:27PM  
**Nataraja:** White  
Moon - White **Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

Creative Work Siddha Yoga  
Until 3:23PM  
Then Creative Work - Amrita Yoga

**3**

**Wednesday, October 4, 2023**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Vyatipata\* Yoga Gara/Vanija Karana Shashtham Titau

Nairobi, Kenya

Sun 4 Sutra 170

Vrishabha Rasi: 17.56 Tithi 21

**Gulika** 10:52AM - 12:23PM  
Yama 7:50AM - 9:21AM  
**Rahu** 12:23PM - 1:54PM

**Rohini Until 3:58PM**  
Vyatipata\* Until 3:14AM Thu  
Gara Until 3:03PM  
**Shashthi\* Until 3:12AM Thu**

**Ganesha:** Purple *Sunrise:* 6:19AM  
**Muruga:** White *Sunset:* 6:27PM  
**Nataraja:** White  
Moon - Yellow **Sivaloka Day**  
**Bhadrapada\*Puratasi**

Creative Work Siddha Yoga

**4**

**Thursday, October 5, 2023**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Guru Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Variyan Yoga Visti\*/Bava Karana Saptamyam Titau

Nairobi, Kenya

Sun 5 Sutra 171

Mithuna Rasi: 0.48 Tithi 22

**Gulika** 9:21AM - 10:52AM  
Yama 6:19AM - 7:50AM  
**Rahu** 1:53PM - 3:24PM

**Mrigashira Until 5:10PM**  
Variyan Until 2:52AM Fri  
Visti Until 3:36PM  
**Saptami Until 4:07AM Fri**

**Ganesha:** Clear *Sunrise:* 6:19AM  
**Muruga:** White *Sunset:* 6:26PM  
**Nataraja:** White  
Moon - Yellow **Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

Routine Work Marana Yoga

**5**

**Friday, October 6, 2023**

**Retreat Star**

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

Nairobi, Kenya

Sun 6 Sutra 172

Mithuna Rasi: 13.19 Tithi 23

**Gulika** 7:50AM - 9:20AM  
Yama 3:24PM - 4:55PM  
**Rahu** 10:51AM - 12:22PM

**Ardra Until 6:53PM**  
Parigha\* Until 3:00AM Sat  
Balava Until 4:51PM  
**Ashtami\* Until 5:42AM Sat**

**Ganesha:** Clear *Sunrise:* 6:19AM  
**Muruga:** White *Sunset:* 6:26PM  
**Nataraja:** White  
Moon - Yellow **Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

Creative Work Siddha Yoga

**Saturday, October 7, 2023**

**Retreat Star**

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam  
Punarvasu Nakshatra Shiva Yoga Taitila Karana Navamyam Titau

Nairobi, Kenya

Sun 7 Sutra 173

Mithuna Rasi: 25.33 Tithi 24

**Gulika** 6:18AM - 7:49AM  
Yama 1:53PM - 3:24PM  
**Rahu** 9:20AM - 10:51AM

**Punarvasu Until 9:28PM**  
Shiva Until 3:33AM Sun  
Taitila Until 6:42PM  
**Navami\* Until 7:45AM Sun**

**Ganesha:** Purple *Sunrise:* 6:18AM  
**Muruga:** White *Sunset:* 6:26PM  
**Nataraja:** White  
Moon - Blue **Subha Subha Sivaloka Day**  
**Bhadrapada\*Puratasi**

Creative Work Siddha Yoga

<b>1</b>	<b>Sunday, October 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Bhanu Vasara Yuktayam Pushya Nakshatra Siddha Yoga Gara/Vanija Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 8 Sutra 174 Sobhana 5125
	Kataka Rasi: 7.35	Tithi 24 – 25	<b>Gulika</b> 3:24PM – 4:55PM	<b>Pushya Until 12:14AM Mon</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:18AM	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 25 - 8
			Yama 12:22PM – 1:53PM	Siddha Until 4:19AM Mon	<b>Muruga:</b> White		2nd Phase
	649726574	<b>Rahu</b> 4:55PM – 6:25PM		Vanija Until 8:56PM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Navami* Until 7:45AM</b>	Moon – Blue		<b>Subha Sivaloka Day</b> Bhadrapada+Puratasi	


<b>2</b>	<b>Monday, October 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Indu Vasara Yuktayam Ashlesha* Nakshatra Sadhya Yoga Visti*/Bava Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 9 Sutra 175 Sobhana 5125
	Kataka Rasi: 19.31	Tithi 25 – 26	<b>Gulika</b> 1:52PM – 3:23PM	<b>Ashlesha* Until 3:02AM Tue</b>	<b>Ganesha:</b> Purple <i>Sunrise:</i> 6:18AM	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 25 - 9
	<b>Family Home Evening</b>		Yama 10:50AM – 12:21PM	Sadhya Until 5:13AM Tue	<b>Muruga:</b> White		2nd Phase
	649726574	<b>Rahu</b> 7:49AM – 9:20AM		Bava Until 11:23PM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Dashami Until 10:07AM</b>	Moon – Blue		<b>Subha Sivaloka Day</b> Bhadrapada+Puratasi	


<b>3</b>	<b>Tuesday, October 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Mangala Vasara Yuktayam Magha* Nakshatra Subha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 10 Sutra 176 Sobhana 5125
	Simha Rasi: 1.22	Tithi 26 – 27	<b>Gulika</b> 12:21PM – 1:52PM	<b>Magha* Until 6:11AM Wed</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:17AM	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 25 - 10
			Yama 9:19AM – 10:50AM	Subha Until 6:08AM Wed	<b>Muruga:</b> White		2nd Phase
	651726574	<b>Rahu</b> 3:23PM – 4:54PM		Kaulava Until 1:53AM Wed	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Ekadashi* Until 12:37PM</b>	Moon – Red		<b>Sivaloka Day</b> Bhadrapada+Puratasi	
Until 6:11AM Wed							
Then Creative Work - Amrita Yoga							

<b>4</b>	<b>Wednesday, October 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Budha Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Subha/Sukla Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 11 Sutra 177 Sobhana 5125
	Simha Rasi: 13.14	Tithi 27 – 28	<b>Gulika</b> 10:50AM – 12:21PM	<b>Magha* Until 6:11AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:17AM	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 25 - 11
			Yama 7:48AM – 9:19AM	Subha Until 6:08AM	<b>Muruga:</b> White		2nd Phase
	651726574	<b>Rahu</b> 12:21PM – 1:52PM		Gara Until 4:16AM Thu	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Dvadashi* Until 3:04PM</b>	Moon – Red		<b>Sivaloka Day</b> Bhadrapada+Puratasi	
Until 6:11AM							
Then Creative Work - Amrita Yoga							
						<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 Purvaphalguni/Uttaraphalguni Nakshatra Sukla/Brahma Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 12 Sutra 178 Sobhana 5125
	Simha Rasi: 25.09	Tithi 28 – 29	<b>Gulika</b> 9:19AM – 10:50AM	<b>Purvaphalguni Until 9:02AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:17AM	<i>Sunset:</i> 6:25PM	Moon 10 - Phase 25 - 12
			Yama 6:17AM – 7:48AM	Sukla Until 6:55AM	<b>Muruga:</b> White		2nd Phase
	651726574	<b>Rahu</b> 1:52PM – 3:23PM		Visti Until 6:24AM Fri	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Trayodashi* Until 5:21PM</b>	Moon – Red		<b>Sivaloka Day</b> Bhadrapada+Puratasi	

<b>6</b>	<b>Friday, October 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Sukra Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Brahma/Indra Yoga Visti*/Sakuni* Karana Chaturdashyam Titau				Nairobi, Kenya Sun 13 Sutra 179 Sobhana 5125
	Kanya Rasi: 7.1	Tithi 29	<b>Gulika</b> 7:47AM – 9:18AM	<b>Uttaraphalguni Until 11:27AM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:16AM	<i>Sunset:</i> 6:24PM	Moon 10 - Phase 25 - 13
			Yama 3:22PM – 4:53PM	Brahma Until 7:31AM	<b>Muruga:</b> White		2nd Phase
	651726574	<b>Rahu</b> 10:49AM – 12:20PM		Visti Until 6:24AM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Chaturdashi* Until 7:19PM</b>	Moon – Red		<b>Sivaloka Day</b> Bhadrapada+Puratasi	
Until 11:27AM							
Then Creative Work - Amrita Yoga							

	<b>Saturday, October 14, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Krishna Pakshe Manta Vasara Yuktayam Hasta/Chitra Nakshatra Indra/Vaidhriti* Yoga Catuspada*/Naga* Karana Amavasyayam Titau				Nairobi, Kenya Sun 14 Sutra 180 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 6:16AM – 7:47AM	<b>Hasta Until 1:52PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:16AM	<i>Sunset:</i> 6:24PM	Moon 10 - Phase 25 - 14
	Kanya Rasi: 19.19	Tithi 30	Yama 1:51PM – 3:22PM	Indra Until 7:52AM	<b>Muruga:</b> White		Amavasya
	661726574	<b>Rahu</b> 9:18AM – 10:49AM		Catuspada Until 8:11AM	<b>Nataraja:</b> Clear		
Routine Work	Marana Yoga		<b>Amavasya* Until 8:54PM</b>	Moon – Green		<b>Sivaloka Day</b> Bhadrapada+Puratasi	

	<b>Sunday, October 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Bhanu Vasara Yuktayam Chitra/Svati Nakshatra Vaidhriti*/Vishkambha* Yoga Kintughna*/Bava Karana Prathamayam Titau				Nairobi, Kenya Sun 15 Sutra 181 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 3:22PM – 4:53PM	<b>Chitra Until 3:41PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:16AM	<i>Sunset:</i> 6:24PM	Moon 10 - Phase 25 - 15
	Tula Rasi: 1.38	Tithi 1	Yama 12:20PM – 1:51PM	Vaidhriti* Until 7:52AM	<b>Muruga:</b> White		Prathama
	661726574	<b>Rahu</b> 4:53PM – 6:24PM		Kintughna Until 9:33AM	<b>Nataraja:</b> Clear		
Creative Work	Siddha Yoga		<b>Prathama* Until 10:02PM</b>	Moon – Green		<b>Sivaloka Day</b> Ashvina+Puratasi	

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

<b>1</b>	<b>Monday, October 16, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Kanya Mase Sukla Pakshe Indu Vasara Yuktayam Svati/Vishakha Nakshatra Vishkamba*/Priti Yoga Balava/Kaulava Karana Dvitiyayam Titau			Nairobi, Kenya Sun 16 Sutra 182 Sobhana 5125
	Tula Rasi: 14.09 Tithi 2 <b>Family Home Evening</b> Creative Work Amrita Yoga Until 4:54PM Then Routine Work - Marana Yoga	661726574	<b>Gulika</b> 1:51PM – 3:22PM Yama 10:49AM – 12:20PM <b>Rahu</b> 7:47AM – 9:18AM	<b>Svati Until 4:54PM</b> Vishkamba* Until 7:31AM Balava Until 10:27AM <b>Dvitiya Until 10:43PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:16AM <b>Muruga:</b> White <i>Sunset:</i> 6:24PM <b>Nataraja:</b> Clear Moon – Green <b>Sivaloka Day</b> Ashvina*Puratasi
<b>2</b>	<b>Tuesday, October 17, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Vishakha/Anuradha Nakshatra Priti/Ayushman Yoga Taitila/Gara Karana Tritiyayam Titau			Nairobi, Kenya Sun 17 Sutra 183 Sobhana 5125
	Tula Rasi: 26.53 Tithi 3  Routine Work Marana Yoga Until 5:58PM Then Creative Work - Siddha Yoga	671726574	<b>Gulika</b> 12:19PM – 1:51PM Yama 9:17AM – 10:48AM <b>Rahu</b> 3:22PM – 4:53PM	<b>Vishakha Until 5:58PM</b> Priti Until 6:50AM Taitila Until 10:53AM <b>Tritiya Until 10:55PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:15AM <b>Muruga:</b> White <i>Sunset:</i> 6:24PM <b>Nataraja:</b> Clear Moon – Orange <b>Sivaloka Day</b> Ashvina*Aipasi
<b>3</b>	<b>Wednesday, October 18, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Anuradha Nakshatra Saubhagya Yoga Vanija/Visti* Karana Chaturthiyam Titau			Nairobi, Kenya Sun 18 Sutra 184 Sobhana 5125
	Vrischika Rasi: 9.5 Tithi 4  Creative Work Siddha Yoga	671726574	<b>Gulika</b> 10:48AM – 12:19PM Yama 7:46AM – 9:17AM <b>Rahu</b> 12:19PM – 1:50PM	<b>Anuradha Until 6:27PM</b> Saubhagya Until 4:19AM Thu Vanija Until 10:52AM <b>Chaturthi* Until 10:40PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:15AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Orange <b>Sivaloka Day</b> Ashvina*Aipasi
<b>4</b>	<b>Thursday, October 19, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Jyeshtha* Nakshatra Sobhana Yoga Bava/Balava Karana Panchamyam Titau			Nairobi, Kenya Sun 19 Sutra 185 Sobhana 5125
	Vrischika Rasi: 23.02 Tithi 5  Routine Work Prabalarishta Yoga Until 6:20PM Then Creative Work - Siddha Yoga	671726574	<b>Gulika</b> 9:17AM – 10:48AM Yama 6:15AM – 7:46AM <b>Rahu</b> 1:50PM – 3:21PM	<b>Jyeshtha* Until 6:20PM</b> Sobhana Until 2:34AM Fri Bava Until 10:23AM <b>Panchami Until 9:58PM</b>	<b>Ganesha:</b> Red <i>Sunrise:</i> 6:15AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Orange <b>Sivaloka Day</b> Ashvina*Aipasi
<b>5</b>	<b>Friday, October 20, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Mula* Nakshatra Athiganda* Yoga Kaulava/Taitila Karana Shashthyam Titau			Nairobi, Kenya Sun 20 Sutra 186 Sobhana 5125
	Dhanus Rasi: 6.27 Tithi 6  Creative Work Amrita Yoga Until 6:07PM Then Routine Work - Prabalarishta Yoga	682726574	<b>Gulika</b> 7:46AM – 9:17AM Yama 3:21PM – 4:52PM <b>Rahu</b> 10:48AM – 12:19PM	<b>Mula* Until 6:07PM</b> Athiganda* Until 12:28AM Sat Kaulava Until 9:29AM <b>Shashthi* Until 8:52PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:15AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Light Blue <b>Sivaloka Day</b> Ashvina*Aipasi
<b>6</b>	<b>Saturday, October 21, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Purvashadha*/Uttarashadha* Nakshatra Sukarma Yoga Gara/Vanija Karana Saptamyam Titau			Nairobi, Kenya Sun 21 Sutra 187 Sobhana 5125
	Dhanus Rasi: 20.07 Tithi 7  Creative Work Siddha Yoga Until 5:21PM Then Routine Work - Marana Yoga	682726574	<b>Gulika</b> 6:15AM – 7:46AM Yama 1:50PM – 3:21PM <b>Rahu</b> 9:17AM – 10:48AM	<b>Purvashadha* Until 5:21PM</b> Sukarma Until 10:04PM Gara Until 8:11AM <b>Saptami Until 7:22PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:15AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Light Blue <b>Sivaloka Day</b> Ashvina*Aipasi
<b>☾</b>	<b>Sunday, October 22, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttarashadha*/Shravana Nakshatra Dhriti Yoga Visti*/Balava Karana Ashtami/Navamyam Titau			Nairobi, Kenya Sun 22 Sutra 188 Sobhana 5125
	<b>Retreat Star</b> Makara Rasi: 4 Tithi 8 – 9  Creative Work Amrita Yoga	682726574	<b>Gulika</b> 3:21PM – 4:52PM Yama 12:19PM – 1:50PM <b>Rahu</b> 4:52PM – 6:23PM	<b>Uttarashadha Until 4:05PM</b> Dhriti Until 7:22PM Visti Until 6:30AM <b>Ashtami* Until 5:30PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:14AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Light Blue <b>Sivaloka Day</b> Ashvina*Aipasi
<b>☾</b>	<b>Monday, October 23, 2023</b>	Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Indu Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shula*/Ganda* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau			Nairobi, Kenya Sun 23 Sutra 189 Sobhana 5125
	<b>Retreat Star</b> Makara Rasi: 18.07 Tithi 9 – 10 <b>Family Home Evening</b> Creative Work Amrita Yoga Until 2:45PM Then Creative Work - Siddha Yoga	692726574	<b>Gulika</b> 1:50PM – 3:21PM Yama 10:47AM – 12:18PM <b>Rahu</b> 7:45AM – 9:16AM	<b>Shravana Until 2:45PM</b> Shula* Until 4:23PM Taitila Until 2:06AM Tue <b>Navami* Until 3:17PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:14AM <b>Muruga:</b> White <i>Sunset:</i> 6:23PM <b>Nataraja:</b> Clear Moon – Purple <b>Devaloka Day</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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Tuesday, October 24, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Mangala Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Ganda*/Vridhhi Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 24 Sutra 190
	Kumbha Rasi: 2.26	Tithi 10 – 11	<b>Gulika</b> 12:18PM – 1:49PM	<b>Dhanishtha</b> Until 1:00PM	<b>Ganesha:</b> White	Sunrise: 6:14AM	Sobhana 5125
			Yama 9:16AM – 10:47AM	Ganda* Until 1:11PM	<b>Muruga:</b> White	Sunset: 6:23PM	Moon 10 - Phase 27 - 24
		692726574	<b>Rahu</b> 3:20PM – 4:52PM	Vanija Until 11:30PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Vijaya Dasami</b>	<b>Dashami</b> Until 12:48PM	Moon – Purple	<b>Devaloka Day</b>	
Until 1:00PM					<b>Ashvina•Aipasi</b>		
Then Routine Work - Marana Yoga							


<b>2</b>	<b>Wednesday, October 25, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Vridhhi/Dhruva Yoga Visti*/Bava Karana Ekadashi/Dvadashtyam Titau				Nairobi, Kenya Sun 25 Sutra 191
	Kumbha Rasi: 16.55	Tithi 11 – 12	<b>Gulika</b> 10:47AM – 12:18PM	<b>Shatabhishak</b> Until 10:55AM	<b>Ganesha:</b> White	Sunrise: 6:14AM	Sobhana 5125
			Yama 7:45AM – 9:16AM	Vridhhi Until 9:50AM	<b>Muruga:</b> White	Sunset: 6:23PM	Moon 10 - Phase 27 - 25
		692726574	<b>Rahu</b> 12:18PM – 1:49PM	Bava Until 8:44PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Ekadashi</b> Until 10:07AM	<b>Ashvina•Aipasi</b>		<b>Devaloka Day</b>	
Until 10:55AM							
Then Creative Work - Amrita Yoga							

<b>3</b>	<b>Thursday, October 26, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Guru Vasara Yuktayam Purvaproshtapada*/Uttaraproshtapada Nakshatra Dhruva/Vyaghata* Yoga Balava/Taitila Karana Dvadashti/Trayodashyam Titau				Nairobi, Kenya Sun 26 Sutra 192
	Meena Rasi: 1.3	Tithi 12 – 13	<b>Gulika</b> 9:16AM – 10:47AM	<b>Purvaproshtapada*</b> Until 9:00AM	<b>Ganesha:</b> Purple	Sunrise: 6:14AM	Sobhana 5125
			Yama 6:14AM – 7:45AM	Dhruva Until 6:22AM	<b>Muruga:</b> White	Sunset: 6:22PM	Moon 10 - Phase 27 - 26
		612726574	<b>Rahu</b> 1:49PM – 3:20PM	Taitila Until 4:31AM Fri	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Dvadashti</b> Until 7:19AM	<b>Ashvina•Aipasi</b>		<b>Devaloka Day</b>	

Pradosha Vrata

<b>4</b>	<b>Friday, October 27, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Sukra Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27 Sutra 193
	Meena Rasi: 16.05	Tithi 14	<b>Gulika</b> 7:45AM – 9:16AM	<b>Uttaraproshtapada</b> Until 6:57AM	<b>Ganesha:</b> Purple	Sunrise: 6:14AM	Sobhana 5125
			Yama 3:20PM – 4:51PM	Harshana Until 11:32PM	<b>Muruga:</b> White	Sunset: 6:22PM	Moon 10 - Phase 27 - 27
		612726574	<b>Rahu</b> 10:47AM – 12:18PM	Gara Until 3:10PM	<b>Nataraja:</b> Clear		4th Phase
Creative Work Siddha Yoga			<b>Chaturdashi*</b> Until 1:50AM Sat	<b>Ashvina•Aipasi</b>		<b>Devaloka Day</b>	

	<b>Saturday, October 28, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Manta Vasara Yuktayam Ashvini Nakshatra Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 194
	<b>Copper Retreat Star</b>		<b>Gulika</b> 6:13AM – 7:45AM	<b>Ashvini</b> Until 3:24AM Sun	<b>Ganesha:</b> Clear	Sunrise: 6:13AM	Sobhana 5125
	Mesha Rasi: 0.34	Tithi 15	Yama 1:49PM – 3:20PM	Vajra* Until 8:21PM	<b>Muruga:</b> White	Sunset: 6:22PM	Moon 10 - Phase 27 -
		622726574	<b>Rahu</b> 9:16AM – 10:47AM	Visti Until 12:36PM	<b>Nataraja:</b> Clear		Purnima
Creative Work Siddha Yoga			<b>Purnima*</b> Until 11:25PM	<b>Ashvina•Aipasi</b>		<b>Sivaloka Day</b>	
Until 3:24AM Sun							
Then Routine Work - Prabalarishta Yoga							

	<b>Sunday, October 29, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Bharani Nakshatra Siddhi/Vyatipata* Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sutra 195
	<b>Silver Retreat Star</b>		<b>Gulika</b> 3:20PM – 4:51PM	<b>Bharani</b> Until 2:10AM Mon	<b>Ganesha:</b> Clear	Sunrise: 6:13AM	Sobhana 5125
	Mesha Rasi: 14.52	Tithi 16	Yama 12:18PM – 1:49PM	Siddhi Until 5:28PM	<b>Muruga:</b> White	Sunset: 6:22PM	Moon 10 - Phase 27 -
		622726574	<b>Rahu</b> 4:51PM – 6:22PM	Balava Until 10:21AM	<b>Nataraja:</b> Clear		Prathama
Routine Work Prabalarishta Yoga			<b>Prathama*</b> Until 9:23PM	<b>Ashvina•Aipasi</b>		<b>Sivaloka Day</b>	
Until 2:10AM Mon							
Then Routine Work - Marana Yoga							

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 Nairobi, Kenya on 1/25/22

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Monday, October 30, 2023

Gold Retreat Star

Mesha Rasi: 28.52 Tithi 17  
Family Home Evening 622826574  
Routine Work Marana Yoga  
Until 1:20AM Tue  
Then Creative Work - Amrita Yoga

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

Gulika 1:49PM - 3:20PM  
Yama 10:47AM - 12:18PM  
Rahu 7:44AM - 9:15AM  
Krittika Until 1:20AM Tue  
Vyatipata\* Until 3:01PM  
Taitila Until 8:34AM  
Dvitiya Until 7:52PM

Nairobi, Kenya  
Sun 1 Sutra 196  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 1  
1st Phase  
Ganesha: White  
Muruga: White  
Nataraja: Clear  
Moon - White  
Subha Sivaloka Day  
Ashvina•Aipasi

1

Tuesday, October 31, 2023

Vrishabha Rasi: 12.32 Tithi 18  
632826574  
Creative Work Amrita Yoga  
Until 1:26AM Wed  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam  
Rohini Nakshatra Variyan/Parigha\* Yoga Vanija/Visti\* Karana Tritiyayam Titau

Gulika 12:18PM - 1:49PM  
Yama 9:15AM - 10:47AM  
Rahu 3:20PM - 4:51PM  
Rohini Until 1:26AM Wed  
Variyan Until 1:01PM  
Vanija Until 7:22AM  
Tritiya Until 7:00PM

Nairobi, Kenya  
Sun 2 Sutra 197  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 2  
1st Phase  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Yellow  
Sivaloka Day  
Ashvina•Aipasi

2

Wednesday, November 1, 2023

Vrishabha Rasi: 25.49 Tithi 19  
632826574  
Creative Work Siddha Yoga  
Until 2:06AM Thu  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam  
Mrigashira Nakshatra Parigha\*/Shiva Yoga Bava/Balava Karana Chaturthyam Titau

Gulika 10:47AM - 12:18PM  
Yama 7:44AM - 9:15AM  
Rahu 12:18PM - 1:49PM  
Mrigashira Until 2:06AM Thu  
Parigha\* Until 11:34AM  
Bava Until 6:51AM  
Chaturthi\* Until 6:50PM

Nairobi, Kenya  
Sun 3 Sutra 198  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 3  
1st Phase  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Yellow  
Sivaloka Day  
Ashvina•Aipasi

3

Thursday, November 2, 2023

Mithuna Rasi: 8.44 Tithi 20  
633826574  
Routine Work Marana Yoga  
Until 3:18AM Fri  
Then Creative Work - Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam  
Ardra Nakshatra Shiva/Siddha Yoga Kaulava/Taitila Karana Panchamyam Titau

Gulika 9:15AM - 10:46AM  
Yama 6:13AM - 7:44AM  
Rahu 1:49PM - 3:20PM  
Ardra Until 3:18AM Fri  
Shiva Until 10:42AM  
Kaulava Until 7:03AM  
Panchami Until 7:24PM

Nairobi, Kenya  
Sun 4 Sutra 199  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 4  
1st Phase  
Ganesha: White  
Muruga: White  
Nataraja: Clear  
Moon - Yellow  
Devaloka Day  
Ashvina•Aipasi

4

Friday, November 3, 2023

Mithuna Rasi: 21.19 Tithi 21  
643826574  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam  
Punarvasu Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Shashthyam Titau

Gulika 7:44AM - 9:15AM  
Yama 3:20PM - 4:51PM  
Rahu 10:46AM - 12:18PM  
Punarvasu Until 5:28AM Sat  
Siddha Until 10:22AM  
Gara Until 7:58AM  
Shashthi\* Until 8:40PM

Nairobi, Kenya  
Sun 5 Sutra 200  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 5  
1st Phase  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Blue  
Sivaloka Day  
Ashvina•Aipasi

5

Saturday, November 4, 2023

Kataka Rasi: 4 Tithi 22  
643826574  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam  
Pushya Nakshatra Sadhya/Subha Yoga Visti\*/Bava Karana Saptamyam Titau

Gulika 6:13AM - 7:44AM  
Yama 1:49PM - 3:20PM  
Rahu 9:15AM - 10:46AM  
Pushya Until 7:59AM Sun  
Sadhya Until 10:32AM  
Visti Until 9:33AM  
Saptami Until 10:31PM

Nairobi, Kenya  
Sun 6 Sutra 201  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 6  
1st Phase  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Blue  
Sivaloka Day  
Ashvina•Aipasi

D

Sunday, November 5, 2023

Retreat Star

Kataka Rasi: 15.4 Tithi 23  
643826574  
Creative Work Siddha Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Ashtamyam Titau

Gulika 3:20PM - 4:51PM  
Yama 12:18PM - 1:49PM  
Rahu 4:51PM - 6:22PM  
Pushya Until 7:59AM  
Subha Until 11:05AM  
Balava Until 11:39AM  
Ashtami\* Until 12:48AM Mon

Nairobi, Kenya  
Sun 7 Sutra 202  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:22PM  
Moon 11 - Phase 28 - 7  
Ashtami  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Blue  
Sivaloka Day  
Ashvina•Aipasi

Monday, November 6, 2023

Retreat Star

Kataka Rasi: 27.36 Tithi 24  
643826574  
Family Home Evening  
Creative Work Siddha Yoga  
Until 10:40AM  
Then Routine Work - Marana Yoga

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Indu Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Sukla/Brahma Yoga Taitila/Gara Karana Navamyam Titau

Gulika 1:49PM - 3:20PM  
Yama 10:46AM - 12:18PM  
Rahu 7:44AM - 9:15AM  
Ashlesha\* Until 10:40AM  
Sukla Until 11:52AM  
Taitila Until 2:04PM  
Navami\* Until 3:19AM Tue

Nairobi, Kenya  
Sun 8 Sutra 203  
Sobhana 5125  
Sunrise: 6:13AM  
Sunset: 6:23PM  
Moon 11 - Phase 28 - 8  
Navami  
Ganesha: Yellow  
Muruga: White  
Nataraja: Clear  
Moon - Blue  
Sivaloka Day  
Ashvina•Aipasi

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Tuesday, November 7, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Mangala Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Brahma/Indra Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 9 Sutra 204 Sobhana 5125
	Simha Rasi: 9.28	Tithi 25	<b>Gulika</b> 12:18PM – 1:49PM	<b>Magha* Until 1:50PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 9:15AM – 10:47AM	Brahma Until 12:45PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 9
	Creative Work	Siddha Yoga	753826574 <b>Rahu</b> 3:20PM – 4:51PM	Vanija Until 4:37PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Dashami Until 5:50AM Wed</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashvina•Aipasi			

<b>2</b>	<b>Wednesday, November 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Budha Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Indra/Vaidhriti* Yoga Bava Karana Ekadashyam Titau				Nairobi, Kenya Sun 10 Sutra 205 Sobhana 5125
	Simha Rasi: 21.19	Tithi 26	<b>Gulika</b> 10:47AM – 12:18PM	<b>Purvaphalguni Until 4:45PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 7:44AM – 9:15AM	Indra Until 1:36PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 10
	Creative Work	Amrita Yoga	753826574 <b>Rahu</b> 12:18PM – 1:49PM	Bava Until 7:03PM	<b>Nataraja:</b> Clear		2nd Phase
			<b>Ekadashi* Until 8:09AM Thu</b>	Moon – Red		<b>Sivaloka Day</b>	
				Ashvina•Aipasi			

<b>3</b>	<b>Thursday, November 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Guru Vasara Yuktayam Uttaraphalguni Nakshatra Vaidhriti*/Vishkambha* Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 11 Sutra 206 Sobhana 5125
	Kanya Rasi: 3.16	Tithi 26 – 27	<b>Gulika</b> 9:15AM – 10:47AM	<b>Uttaraphalguni Until 7:13PM</b>	<b>Ganesha:</b> Yellow	<i>Sunrise:</i> 6:13AM	
			Yama 6:13AM – 7:44AM	Vaidhriti* Until 2:13PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 11
		Amrita Yoga	753826574 <b>Rahu</b> 1:49PM – 3:20PM	Kaulava Until 9:11PM	<b>Nataraja:</b> Clear		2nd Phase
Until 7:13PM			<b>Ekadashi* Until 8:09AM</b>	Moon – Red		<b>Sivaloka Day</b>	
Then Routine Work - Marana Yoga				Ashvina•Aipasi			

<b>4</b>	<b>Friday, November 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Sukra Vasara Yuktayam Hasta Nakshatra Vishkambha*/Priti Yoga Taitila/Gara Karana Dvadashi/Trayodashyam Titau				Nairobi, Kenya Sun 12 Sutra 207 Sobhana 5125
	Kanya Rasi: 15.21	Tithi 27 – 28	<b>Gulika</b> 7:44AM – 9:15AM	<b>Hasta Until 9:36PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
			Yama 3:20PM – 4:52PM	Vishkambha* Until 2:32PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 12
	Creative Work	Amrita Yoga	753826574 <b>Rahu</b> 10:47AM – 12:18PM	Gara Until 10:52PM	<b>Nataraja:</b> Clear		2nd Phase
Until 9:36PM			<b>Dvadashi* Until 10:04AM</b>	Moon – Green		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Ashvina•Aipasi			
				Pradosha Vrata (Fasting)			

<b>5</b>	<b>Saturday, November 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Manta Vasara Yuktayam Chitra Nakshatra Priti/Ayushman Yoga Vanija/Visti* Karana Trayodashi/Chaturdashyam Titau				Nairobi, Kenya Sun 13 Sutra 208 Sobhana 5125
	Kanya Rasi: 27.39	Tithi 28 – 29	<b>Gulika</b> 6:13AM – 7:44AM	<b>Chitra Until 11:16PM</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
			Yama 1:49PM – 3:21PM	Priti Until 2:27PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 13
	Routine Work	Marana Yoga	753826574 <b>Rahu</b> 9:16AM – 10:47AM	Visti Until 11:58PM	<b>Nataraja:</b> Clear		2nd Phase
Until 11:16PM			<b>Trayodashi* Until 11:28AM</b>	Moon – Green		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Subramuniyaswami Mahasamadhi</b>		Ashvina•Aipasi			
		<b>Deepavali Hindu Solidarity Day</b>					

	<b>Sunday, November 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati Nakshatra Ayushman/Saubhagya Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 14 Sutra 209 Sobhana 5125
	<b>Retreat Star</b>		<b>Gulika</b> 3:21PM – 4:52PM	<b>Svati Until 12:12AM Mon</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
	Tula Rasi: 10.12	Tithi 29 – 30	Yama 12:18PM – 1:49PM	Ayushman Until 1:53PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 14
	Creative Work	Siddha Yoga	753826574 <b>Rahu</b> 4:52PM – 6:23PM	Catuspada Until 12:28AM Mon	<b>Nataraja:</b> Clear		Amavasya
Until 12:12AM Mon			<b>Chaturdashi* Until 12:16PM</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 Nakshatra Saubhagya/Sobhana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 15 Sutra 210 Sobhana 5125
	Tula Rasi: 23.02	Tithi 30 – 1	<b>Gulika</b> 1:50PM – 3:21PM	<b>Vishakha Until 12:52AM Tue</b>	<b>Ganesha:</b> Blue	<i>Sunrise:</i> 6:13AM	
	<b>Family Home Evening</b>		Yama 10:47AM – 12:18PM	Saubhagya Until 12:52PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:23PM	Moon 11 - Phase 29 - 15
	Routine Work	Marana Yoga	773826574 <b>Rahu</b> 7:45AM – 9:16AM	Kintughna Until 12:22AM Tue	<b>Nataraja:</b> Clear		Prathama
Until 12:52AM Tue			<b>Amavasya* Until 12:28PM</b>	Moon – Orange		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga		<b>Skanda Shasthi Begins</b>		Kartika•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 Nakshatra Sobhana/Athiganda* Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 16 Sutra 211
	Vrischika Rasi: 6.09	Tithi 1 – 2	<b>Gulika</b> 12:18PM – 1:50PM	<b>Anuradha Until 12:52AM Wed</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:13AM	Sobhana 5125	
			Yama 9:16AM – 10:47AM	Sobhana Until 11:25AM	<b>Muruga:</b> White <i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 16	
	Creative Work	Siddha Yoga	773826574 <b>Rahu</b> 3:21PM – 4:52PM	Balava Until 11:45PM	<b>Nataraja:</b> Clear Moon – Orange	3rd Phase	
			<b>Prathama* Until 12:06PM</b>	<b>Karttika•Aipasi</b>	<b>Devaloka Day</b>		

<b>2</b>	<b>Wednesday, November 15, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha* Nakshatra Athiganda*/Sukarma Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya Sun 17 Sutra 212
	Vrischika Rasi: 19.32	Tithi 2 – 3	<b>Gulika</b> 10:47AM – 12:19PM	<b>Jyeshtha* Until 12:18AM Thu</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:13AM	Sobhana 5125	
			Yama 7:45AM – 9:16AM	Athiganda* Until 9:34AM	<b>Muruga:</b> White <i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 17	
	Creative Work	Siddha Yoga	773826574 <b>Rahu</b> 12:19PM – 1:50PM	Taitila Until 10:42PM	<b>Nataraja:</b> Clear Moon – Orange	3rd Phase	
			<b>Dvitiya Until 11:15AM</b>	<b>Karttika•Aipasi</b>	<b>Devaloka Day</b>		

<b>3</b>	<b>Thursday, November 16, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam Mula* Nakshatra Sukarma/Dhriti Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Nairobi, Kenya Sun 18 Sutra 213
	Dhanus Rasi: 3.1	Tithi 3 – 4	<b>Gulika</b> 9:16AM – 10:47AM	<b>Mula* Until 11:41PM</b>	<b>Ganesha:</b> Blue <i>Sunrise:</i> 6:14AM	Sobhana 5125	
			Yama 6:14AM – 7:45AM	Sukarma Until 7:24AM	<b>Muruga:</b> White <i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 18	
	Creative Work	Siddha Yoga	783826574 <b>Rahu</b> 1:50PM – 3:21PM	Vanija Until 9:18PM	<b>Nataraja:</b> Clear Moon – Light Blue	3rd Phase	
			<b>Tritiya Until 10:01AM</b>	<b>Karttika•Karttikai</b>	<b>Devaloka Day</b>		

<b>4</b>	<b>Friday, November 17, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam Purvashadha* Nakshatra Shula* Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya Sun 19 Sutra 214
	Dhanus Rasi: 16.58	Tithi 4 – 5	<b>Gulika</b> 7:45AM – 9:16AM	<b>Purvashadha* Until 10:42PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:14AM	Sobhana 5125	
			Yama 3:22PM – 4:53PM	Shula* Until 2:25AM Sat	<b>Muruga:</b> White <i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 19	
	Routine Work	Prabalarishta Yoga	784826575 <b>Rahu</b> 10:48AM – 12:19PM	Bava Until 7:39PM	<b>Nataraja:</b> Purple Moon – Light Blue	3rd Phase	
Until 10:42PM Then Routine Work - Marana Yoga			<b>Chaturthi* Until 8:29AM</b>	<b>Karttika•Karttikai</b>	<b>Subha Sivaloka Day</b>		

<b>5</b>	<b>Saturday, November 18, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Manta Vasara Yuktayam Uttarashadha Nakshatra Ganda* Yoga Balava/Taitila Karana Panchami/Shashthyam Titau				Nairobi, Kenya Sun 20 Sutra 215
	Makara Rasi: 0.55	Tithi 5 – 6	<b>Gulika</b> 6:14AM – 7:45AM	<b>Uttarashadha Until 9:24PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:14AM	Sobhana 5125	
			Yama 1:50PM – 3:22PM	Ganda* Until 11:43PM	<b>Muruga:</b> White <i>Sunset:</i> 6:24PM	Moon 11 - Phase 30 - 20	
	Routine Work	Marana Yoga	784826575 <b>Rahu</b> 9:17AM – 10:48AM	Taitila Until 4:51AM Sun	<b>Nataraja:</b> Purple Moon – Light Blue	3rd Phase	
Until 9:24PM Then Creative Work - Siddha Yoga			<b>Skanda Shasthi</b>	<b>Panchami Until 6:44AM</b>	<b>Karttika•Karttikai</b> <b>Subha Sivaloka Day</b>		

<b>6</b>	<b>Sunday, November 19, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Bhanu Vasara Yuktayam Shravana Nakshatra Vriddhi Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya Sun 21 Sutra 216
	Makara Rasi: 14.56	Tithi 7	<b>Gulika</b> 3:22PM – 4:53PM	<b>Shravana Until 8:17PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:14AM	Sobhana 5125	
			Yama 12:19PM – 1:51PM	Vriddhi Until 8:56PM	<b>Muruga:</b> White <i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 21	
	Creative Work	Amrita Yoga	794826575 <b>Rahu</b> 4:53PM – 6:25PM	Gara Until 3:53PM	<b>Nataraja:</b> Purple Moon – Purple	3rd Phase	
Until 8:17PM Then Routine Work - Marana Yoga			<b>Saptami Until 2:52AM Mon</b>	<b>Karttika•Karttikai</b>	<b>Subha Subha Sivaloka Day</b>		

<b>D</b>	<b>Monday, November 20, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Indu Vasara Yuktayam Dhanishtha Nakshatra Dhruva Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya Sun 22 Sutra 217
	<b>Retreat Star</b>		<b>Gulika</b> 1:51PM – 3:22PM	<b>Dhanishtha Until 6:56PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:14AM	Sobhana 5125	
	Makara Rasi: 29.02	Tithi 8	Yama 10:48AM – 12:20PM	Dhruva Until 6:05PM	<b>Muruga:</b> White <i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 22	
	<b>Family Home Evening</b>		794826575 <b>Rahu</b> 7:46AM – 9:17AM	Visti Until 1:52PM	<b>Nataraja:</b> Purple Moon – Purple	Ashtami	
Creative Work Siddha Yoga			<b>Ashtami* Until 12:49AM Tue</b>	<b>Karttika•Karttikai</b>	<b>Subha Subha Sivaloka Day</b>		

<b>D</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 Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya Sun 23 Sutra 218
	<b>Retreat Star</b>		<b>Gulika</b> 12:20PM – 1:51PM	<b>Shatabhishak Until 5:25PM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:15AM	Sobhana 5125	
	Kumbha Rasi: 13.1	Tithi 9	Yama 9:17AM – 10:49AM	Vyaghata* Until 3:12PM	<b>Muruga:</b> White <i>Sunset:</i> 6:25PM	Moon 11 - Phase 30 - 23	
	Routine Work	Marana Yoga	794826575 <b>Rahu</b> 3:23PM – 4:54PM	Balava Until 11:48AM	<b>Nataraja:</b> Purple Moon – Purple	Navami	
			<b>Navami* Until 10:44PM</b>	<b>Karttika•Karttikai</b>	<b>Subha Subha Sivaloka Day</b>		

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





Tuesday, November 28, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Siddha Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Nairobi, Kenya

Sutra 225

Sobhana 5125

Vrishabha Rasi: 20.34 Tithi 16 – 17

Gulika

12:22PM – 1:53PM

Rohini Until 11:00AM

Ganesha: Clear

Sunrise: 6:16AM

Moon 12 - Phase 32 -

Yama

9:19AM – 10:51AM

Siddha Until 7:31PM

Muruga: White

Sunset: 6:27PM

1st Phase

734926575

Rahu

3:25PM – 4:56PM

Taitila Until 11:28PM

Nataraja: Purple

Moon – Yellow

Subha Sivaloka Day

Creative Work Amrita Yoga

Until 11:00AM

Then Creative Work - Siddha Yoga

Karttika•Karttikai

1

Wednesday, November 29, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Budha Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Sadhya Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Nairobi, Kenya

Sun 1 Sutra 226

Sobhana 5125

Mithuna Rasi: 3.43 Tithi 17 – 18

Gulika

10:51AM – 12:22PM

Mrigashira Until 11:28AM

Ganesha: Purple

Sunrise: 6:17AM

Moon 12 - Phase 32 - 1

Yama

7:48AM – 9:19AM

Sadhya Until 6:23PM

Muruga: White

Sunset: 6:28PM

1st Phase

735926575

Rahu

12:22PM – 1:54PM

Vanija Until 11:38PM

Nataraja: Purple

Moon – Yellow

Subha Subha Sivaloka Day

Creative Work Siddha Yoga

Dvitiya Until 11:27AM

Karttika•Karttikai

2

Thursday, November 30, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Subha/Sukla Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Nairobi, Kenya

Sun 2 Sutra 227

Sobhana 5125

Mithuna Rasi: 16.33 Tithi 18 – 19

Gulika

9:20AM – 10:51AM

Ardra Until 12:21PM

Ganesha: Purple

Sunrise: 6:17AM

Moon 12 - Phase 32 - 2

Yama

6:17AM – 7:48AM

Subha Until 5:44PM

Muruga: White

Sunset: 6:28PM

1st Phase

735926575

Rahu

1:54PM – 3:25PM

Bava Until 12:26AM Fri

Nataraja: Purple

Moon – Yellow

Subha Subha Sivaloka Day

Routine Work Marana Yoga

Until 12:21PM

Then Creative Work - Amrita Yoga

Karttika•Karttikai

3

Friday, December 1, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Sukra Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Sukla/Brahma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya

Sun 3 Sutra 228

Sobhana 5125

Mithuna Rasi: 29.07 Tithi 19 – 20

Gulika

7:49AM – 9:20AM

Punarvasu Until 2:10PM

Ganesha: Clear

Sunrise: 6:17AM

Moon 12 - Phase 32 - 3

Yama

3:26PM – 4:57PM

Sukla Until 5:31PM

Muruga: White

Sunset: 6:29PM

1st Phase

745926575

Rahu

10:52AM – 12:23PM

Kaulava Until 1:51AM Sat

Nataraja: Purple

Moon – Blue

Subha Sivaloka Day

Creative Work Siddha Yoga

Chaturthi\* Until 1:02PM

Karttika•Karttikai

Until 2:10PM

Then Routine Work - Marana Yoga

4

Saturday, December 2, 2023

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

Nairobi, Kenya

Sun 4 Sutra 229

Sobhana 5125

Kataka Rasi: 11.25 Tithi 20 – 21

Gulika

6:18AM – 7:49AM

Pushya Until 4:23PM

Ganesha: Clear

Sunrise: 6:18AM

Moon 12 - Phase 32 - 4

Yama

1:55PM – 3:26PM

Brahma Until 5:46PM

Muruga: White

Sunset: 6:29PM

1st Phase

745926575

Rahu

9:21AM – 10:52AM

Gara Until 3:48AM Sun

Nataraja: Purple

Moon – Blue

Subha Sivaloka Day

Creative Work Siddha Yoga

Panchami Until 2:44PM

Karttika•Karttikai

Until 4:23PM

Then Routine Work - Marana Yoga

5

Sunday, December 3, 2023

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

Nairobi, Kenya

Sun 5 Sutra 230

Sobhana 5125

Kataka Rasi: 23.29 Tithi 21 – 22

Gulika

3:27PM – 4:58PM

Ashlesha\* Until 6:53PM

Ganesha: Clear

Sunrise: 6:18AM

Moon 12 - Phase 32 - 5

Yama

12:24PM – 1:55PM

Indra Until 6:23PM

Muruga: White

Sunset: 6:29PM

1st Phase

745926575

Rahu

4:58PM – 6:29PM

Visti Until 6:11AM Mon

Nataraja: Purple

Moon – Blue

Subha Sivaloka Day

Creative Work Siddha Yoga

Shashthi\* Until 4:56PM

Karttika•Karttikai

Until 6:53PM

Then Routine Work - Marana Yoga

6

Monday, December 4, 2023

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\* Nakshatra Vaidhriti\* Yoga Visti\*/Bava Karana Saptamyam Titau

Nairobi, Kenya

Sun 6 Sutra 231

Sobhana 5125

Simha Rasi: 5.25 Tithi 22

Gulika

1:56PM – 3:27PM

Magha\* Until 10:01PM

Ganesha: White

Sunrise: 6:19AM

Moon 12 - Phase 32 - 6

Yama

10:53AM – 12:24PM

Vaidhriti\* Until 7:12PM

Muruga: White

Sunset: 6:30PM

1st Phase

755926575

Rahu

7:50AM – 9:21AM

Visti Until 6:11AM

Nataraja: Purple

Moon – Red

Subha Subha Sivaloka Day

Routine Work Marana Yoga

Saptami Until 7:27PM

Karttika•Karttikai

Until 10:01PM

Then Creative Work - Siddha Yoga

D

Tuesday, December 5, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvaphalguni Nakshatra Vishkambha\* Yoga Balava/Kaulava Karana Ashtamyam Titau

Nairobi, Kenya

Sun 7 Sutra 232

Sobhana 5125

Simha Rasi: 17.16 Tithi 23

Gulika

12:25PM – 1:56PM

Purvaphalguni Until 1:03AM Wed

Ganesha: White

Sunrise: 6:19AM

Moon 12 - Phase 32 - 7

Yama

9:22AM – 10:53AM

Vishkambha\* Until 8:06PM

Muruga: Clear

Sunset: 6:30PM

Ashtami

755936575

Rahu

3:27PM – 4:59PM

Balava Until 8:47AM

Nataraja: Purple

Moon – Red

Subha Sivaloka Day

Creative Work Siddha Yoga

Ashtami\* Until 10:04PM

Karttika•Karttikai

Until 1:03AM Wed

Then Creative Work - Amrita Yoga

Wednesday, December 6, 2023

Retreat Star

Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttaraphalguni Nakshatra Priti Yoga Taitila/Gara Karana Navamyam Titau

Nairobi, Kenya

Sun 8 Sutra 233

Sobhana 5125

Simha Rasi: 29.06 Tithi 24

Gulika

10:54AM – 12:25PM

Uttaraphalguni Until 3:44AM Thu

Ganesha: White

Sunrise: 6:19AM

Moon 12 - Phase 32 - 8

Yama

7:51AM – 9:22AM

Priti Until 8:55PM

Muruga: Clear

Sunset: 6:31PM

Navami

755936575

Rahu

12:25PM – 1:56PM

Taitila Until 11:21AM

Nataraja: Purple

Moon – Red

Subha Sivaloka Day

Creative Work Amrita Yoga

Navami\* Until 12:31AM Thu

Karttika•Karttikai


Until 3:44AM Thu

Then Routine Work - Marana Yoga

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Thursday, December 7, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Guru Vasara Yuktayam Hasta Nakshatra Ayushman Yoga Vanija/Visti* Karana Dashamyam Titau		Nairobi, Kenya Sun 9 Sutra 234 Sobhana 5125	
	Kanya Rasi: 11.02	Tithi 25	<b>Gulika</b> 9:23AM – 10:54AM Yama 6:20AM – 7:51AM 765936575 <b>Rahu</b> 1:57PM – 3:28PM	<b>Hasta Until 6:21AM Fri</b> Ayushman Until 9:26PM Vanija Until 1:38PM <b>Dashami Until 2:35AM Fri</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:20AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:31PM <b>Nataraja:</b> Purple Moon – Green	<i>Sunrise:</i> 6:20AM <i>Sunset:</i> 6:31PM Moon 12 - Phase 33 - 9 2nd Phase <b>Sivaloka Day</b> Karttika*Karttikai
Routine Work Marana Yoga Until 6:21AM Fri Then Creative Work - Siddha Yoga						
<b>2</b>	<b>Friday, December 8, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Sukra Vasara Yuktayam Hasta/Chitra Nakshatra Saubhagya Yoga Bava/Balava Karana Ekadashyam Titau		Nairobi, Kenya Sun 10 Sutra 235 Sobhana 5125	
	Kanya Rasi: 23.08	Tithi 26	<b>Gulika</b> 7:52AM – 9:23AM Yama 3:29PM – 5:00PM 766936575 <b>Rahu</b> 10:54AM – 12:26PM	<b>Hasta Until 6:21AM</b> Saubhagya Until 9:32PM Bava Until 3:25PM <b>Ekadashi* Until 4:02AM Sat</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:20AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:31PM <b>Nataraja:</b> Purple Moon – Green	<i>Sunrise:</i> 6:20AM <i>Sunset:</i> 6:31PM Moon 12 - Phase 33 - 10 2nd Phase <b>Devaloka Day</b> Karttika*Karttikai
Creative Work Amrita Yoga Until 6:21AM Then Creative Work - Siddha Yoga						
<b>3</b>	<b>Saturday, December 9, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Manta Vasara Yuktayam Chitra/Svati Nakshatra Sobhana Yoga Kaulava/Taitila Karana Dvadashyam Titau		Nairobi, Kenya Sun 11 Sutra 236 Sobhana 5125	
	Tula Rasi: 5.31	Tithi 27	<b>Gulika</b> 6:21AM – 7:52AM Yama 1:58PM – 3:29PM 766936575 <b>Rahu</b> 9:23AM – 10:55AM	<b>Chitra Until 8:12AM</b> Sobhana Until 9:06PM Kaulava Until 4:30PM <b>Dvadashi* Until 4:45AM Sun</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:21AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Green	<i>Sunrise:</i> 6:21AM <i>Sunset:</i> 6:32PM Moon 12 - Phase 33 - 11 2nd Phase <b>Devaloka Day</b> Karttika*Karttikai
Routine Work Marana Yoga Until 8:12AM Then Creative Work - Siddha Yoga						
<b>4</b>	<b>Sunday, December 10, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Bhanu Vasara Yuktayam Svati/Vishakha Nakshatra Athiganda* Yoga Gara/Vanija Karana Trayodashyam Titau		Nairobi, Kenya Sun 12 Sutra 237 Sobhana 5125	
	Tula Rasi: 18.12	Tithi 28	<b>Gulika</b> 3:30PM – 5:01PM Yama 12:27PM – 1:58PM 766936575 <b>Rahu</b> 5:01PM – 6:32PM	<b>Svati Until 9:11AM</b> Athiganda* Until 8:04PM Gara Until 4:50PM <b>Trayodashi* Until 4:42AM Mon</b> <i>Pradosha Vrata (Fasting)</i>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:21AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:32PM <b>Nataraja:</b> Purple Moon – Green	<i>Sunrise:</i> 6:21AM <i>Sunset:</i> 6:32PM Moon 12 - Phase 33 - 12 2nd Phase <b>Devaloka Day</b> Karttika*Karttikai
Creative Work Siddha Yoga Until 9:11AM Then Routine Work - Marana Yoga						
<b>5</b>	<b>Monday, December 11, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Indu Vasara Yuktayam Vishakha/Anuradha Nakshatra Sukarma Yoga Visti*/Sakuni* Karana Chaturdashyam Titau		Nairobi, Kenya Sun 13 Sutra 238 Sobhana 5125	
	Vrischika Rasi: 1.16	Tithi 29	<b>Gulika</b> 1:59PM – 3:30PM Yama 10:56AM – 12:27PM 776936575 <b>Rahu</b> 7:53AM – 9:24AM	<b>Vishakha Until 9:44AM</b> Sukarma Until 6:28PM Visti Until 4:25PM <b>Chaturdashi* Until 3:56AM Tue</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:21AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Orange	<i>Sunrise:</i> 6:21AM <i>Sunset:</i> 6:33PM Moon 12 - Phase 33 - 13 2nd Phase <b>Devaloka Day</b> Karttika*Karttikai
Family Home Evening Routine Work Marana Yoga Until 9:44AM Then Creative Work - Siddha Yoga						
	<b>Tuesday, December 12, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Krishna Pakshe Mangala Vasara Yuktayam Anuradha/Jyeshtha* Nakshatra Dhriti/Shula* Yoga Catuspada*/Naga* Karana Amavasyayam Titau		Nairobi, Kenya Sun 14 Sutra 239 Sobhana 5125	
	<b>Retreat Star</b>		<b>Gulika</b> 12:28PM – 1:59PM Yama 9:25AM – 10:56AM 776936575 <b>Rahu</b> 3:30PM – 5:02PM	<b>Anuradha Until 9:27AM</b> Dhriti Until 4:21PM Catuspada Until 3:19PM <b>Amavasya* Until 2:32AM Wed</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:22AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:33PM <b>Nataraja:</b> Purple Moon – Orange	<i>Sunrise:</i> 6:22AM <i>Sunset:</i> 6:33PM Moon 12 - Phase 33 - 14 Amavasya <b>Devaloka Day</b> Karttika*Karttikai
Vrischika Rasi: 14.42 Tithi 30 Creative Work Siddha Yoga Until 9:27AM Then Routine Work - Marana Yoga						
<b>Retreat Star</b>	<b>Wednesday, December 13, 2023</b>		Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrishchika Mase Sukla Pakshe Budha Vasara Yuktayam Jyeshtha*/Mula* Nakshatra Shula*/Ganda* Yoga Kintughna*/Bava Karana Prathamayam Titau		Nairobi, Kenya Sun 15 Sutra 240 Sobhana 5125	
	Vrischika Rasi: 28.29	Tithi 1	<b>Gulika</b> 10:57AM – 12:28PM Yama 7:54AM – 9:25AM 776936575 <b>Rahu</b> 12:28PM – 2:00PM	<b>Jyeshtha* Until 8:26AM</b> Shula* Until 1:46PM Kintughna Until 1:40PM <b>Prathama* Until 12:39AM Thu</b>	<b>Ganesha:</b> Green <i>Sunrise:</i> 6:22AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:34PM <b>Nataraja:</b> Purple Moon – Orange	<i>Sunrise:</i> 6:22AM <i>Sunset:</i> 6:34PM Moon 12 - Phase 33 - 15 Prathama <b>Devaloka Day</b> Margasira*Karttikai
Creative Work Siddha Yoga Until 8:26AM Then Routine Work - Marana Yoga						

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

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**1****Thursday, December 14, 2023**Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Guru Vasara Yuktayam  
Mula\*/Purvashadha\* Nakshatra Ganda\*/Vridhi Yoga Balava/Kaulava Karana Dvitiyayam Titau

Nairobi, Kenya

Dhanus Rasi: 12.35 Tithi 2

Gulika 9:26AM – 10:57AM  
Yama 6:23AM – 7:54AM  
Rahu 2:00PM – 3:31PMMula\* Until 7:15AM  
Ganda\* Until 10:52AM  
Balava Until 11:35AM  
Dvitiya Until 10:25PMGanesha: White Sunrise: 6:23AM  
Muruga: White Sunset: 6:34PM  
Nataraja: Purple  
Moon – Light Blue  
Margasira\*KarttikaiSun 16 Sutra 241  
Sobhana 5125  
Moon 12 - Phase 34 - 16  
3rd Phase**Sivaloka Day**

Creative Work Siddha Yoga

**2****Friday, December 15, 2023**Sobhana Nama Samvatsare Dakshinaya Jivana Ritau Vrischika Mase Sukla Pakshe Sukra Vasara Yuktayam  
Uttarashadha Nakshatra Vridhi/Dhruva Yoga Taitila/Gara Karana Tritiyayam Titau

Nairobi, Kenya

Dhanus Rasi: 26.52 Tithi 3

Gulika 7:55AM – 9:26AM  
Yama 3:32PM – 5:03PM  
Rahu 10:58AM – 12:29PMUttarashadha Until 3:44AM Sat  
Vridhi Until 7:45AM  
Taitila Until 9:14AM  
Tritiya Until 7:59PMGanesha: White Sunrise: 6:23AM  
Muruga: White Sunset: 6:35PM  
Nataraja: Purple  
Moon – Light Blue  
Margasira\*KarttikaiSun 17 Sutra 242  
Sobhana 5125  
Moon 12 - Phase 34 - 17  
3rd Phase**Sivaloka Day**Routine Work Marana Yoga  
Until 3:44AM Sat  
Then Creative Work - Siddha Yoga**3****Saturday, December 16, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam  
Shravana Nakshatra Vyaghata\* Yoga Vanija/Bava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya

Makara Rasi: 11.16 Tithi 4 – 5

Gulika 6:24AM – 7:55AM  
Yama 2:01PM – 3:32PM  
Rahu 9:27AM – 10:58AMShravana Until 2:05AM Sun  
Vyaghata\* Until 1:15AM Sun  
Vanija Until 6:45AM  
Chaturthi\* Until 5:29PMGanesha: Purple Sunrise: 6:24AM  
Muruga: White Sunset: 6:35PM  
Nataraja: Purple  
Moon – Purple  
Margasira\*MarkaliSun 18 Sutra 243  
Sobhana 5125  
Moon 12 - Phase 34 - 18  
3rd Phase**Subha Sivaloka Day**Creative Work Siddha Yoga  
Until 2:05AM Sun  
Then Routine Work - Marana Yoga

Markali Pillaiyar

**4****Sunday, December 17, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Harshana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau

Nairobi, Kenya

Makara Rasi: 25.4 Tithi 5 – 6

Gulika 3:33PM – 5:04PM  
Yama 12:30PM – 2:01PM  
Rahu 5:04PM – 6:36PMDhanishtha Until 12:23AM Mon  
Harshana Until 10:04PM  
Kaulava Until 1:53AM Mon  
Panchami Until 3:02PMGanesha: Clear Sunrise: 6:24AM  
Muruga: White Sunset: 6:36PM  
Nataraja: Purple  
Moon – Purple  
Margasira\*MarkaliSun 19 Sutra 244  
Sobhana 5125  
Moon 12 - Phase 34 - 19  
3rd Phase**Subha Sivaloka Day**Routine Work Marana Yoga  
Until 12:23AM Mon  
Then Creative Work - Siddha Yoga

Vinayaga Viratam Ends

**5****Monday, December 18, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam  
Shatabhishak Nakshatra Vajra\* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau

Nairobi, Kenya

Kumbha Rasi: 10 Tithi 6 – 7

**Family Home Evening**Gulika 2:02PM – 3:33PM  
Yama 10:59AM – 12:30PM  
Rahu 7:56AM – 9:28AMShatabhishak Until 10:42PM  
Vajra\* Until 7:00PM  
Gara Until 11:40PM  
Shashthi\* Until 12:44PMGanesha: Clear Sunrise: 6:25AM  
Muruga: White Sunset: 6:36PM  
Nataraja: Purple  
Moon – Purple  
Margasira\*MarkaliSun 20 Sutra 245  
Sobhana 5125  
Moon 12 - Phase 34 - 20  
3rd Phase**Subha Sivaloka Day**Creative Work Siddha Yoga  
Until 10:42PM  
Then Routine Work - Marana Yoga**D****Tuesday, December 19, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam  
Purvaproshtapada\* Nakshatra Siddhi/Vyatipata\* Yoga Vanija/Visti\* Karana Saptami/Ashtamyam Titau

Nairobi, Kenya

Kumbha Rasi: 24.13 Tithi 7 – 8

**Retreat Star**Gulika 12:31PM – 2:02PM  
Yama 9:28AM – 11:00AM  
Rahu 3:34PM – 5:05PMPurvaproshtapada\* Until 9:32PM  
Siddhi Until 4:07PM  
Visti Until 9:41PM  
Saptami Until 10:38AMGanesha: Clear Sunrise: 6:25AM  
Muruga: White Sunset: 6:37PM  
Nataraja: Purple  
Moon – Clear  
Margasira\*MarkaliSun 21 Sutra 246  
Sobhana 5125  
Moon 12 - Phase 34 - 21  
Ashtami**Subha Sivaloka Day**Routine Work Marana Yoga  
Until 9:32PM  
Then Creative Work - Amrita Yoga**Wednesday, December 20, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Budha Vasara Yuktayam  
Uttaraproshtapada Nakshatra Vyatipata\*/Vaiyan Yoga Bava/Balava Karana Ashtami/Navamyam Titau

Nairobi, Kenya

Meena Rasi: 8.16 Tithi 8 – 9

**Retreat Star**Gulika 11:00AM – 12:31PM  
Yama 7:57AM – 9:29AM  
Rahu 12:31PM – 2:03PMUttaraproshtapada Until 8:29PM  
Vyatipata\* Until 1:27PM  
Balava Until 7:57PM  
Ashtami\* Until 8:46AMGanesha: Clear Sunrise: 6:26AM  
Muruga: White Sunset: 6:37PM  
Nataraja: Purple  
Moon – Clear  
Margasira\*MarkaliSun 22 Sutra 247  
Sobhana 5125  
Moon 12 - Phase 34 - 22  
Navami**Subha Sivaloka Day**Creative Work Siddha Yoga  
Until 8:29PM  
Then Routine Work - Marana Yoga

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

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**1****Thursday, December 21, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam  
Revati Nakshatra Variyan/Parigha\* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau

Nairobi, Kenya

Meena Rasi: 22.09 Tithi 9 – 10

817137575

**Gulika** 9:29AM – 11:01AM  
Yama 6:26AM – 7:58AM  
**Rahu** 2:03PM – 3:35PM**Revati Until 7:32PM**  
Variyan Until 10:58AM  
Taitila Until 6:29PM**Ganesha:** Clear *Sunrise:* 6:26AM  
**Muruga:** White *Sunset:* 6:38PMSun 23 Sutra 248  
Sobhana 5125  
Moon 12 - Phase 35 - 23  
4th PhaseCreative Work Siddha Yoga  
Until 7:32PM  
Then Creative Work - Amrita Yoga**Day 1 of Pancha Ganapati****Navami\* Until 7:10AM****Margasira\*Markali****Subha Sivaloka Day****2****Friday, December 22, 2023**Sobhana Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam  
Ashvini Nakshatra Parigha\*/Shiva Yoga Vanija/Visti\* Karana Ekadashyam Titau

Nairobi, Kenya

Mesha Rasi: 5.52 Tithi 11

828137575

**Gulika** 7:58AM – 9:30AM  
Yama 3:35PM – 5:07PM  
**Rahu** 11:01AM – 12:32PM**Ashvini Until 7:08PM**  
Parigha\* Until 8:42AM  
Vanija Until 5:17PM**Ganesha:** Clear *Sunrise:* 6:27AM  
**Muruga:** White *Sunset:* 6:38PMSun 24 Sutra 249  
Sobhana 5125  
Moon 12 - Phase 35 - 24  
4th PhaseCreative Work Amrita Yoga  
Until 7:08PM  
Then Creative Work - Siddha Yoga**Day 2 of Pancha Ganapati****Ekadashi Until 4:46AM Sat****Margasira\*Markali****Subha Sivaloka Day****3****Saturday, December 23, 2023**Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam  
Bharani Nakshatra Shiva/Siddha Yoga Bava/Balava Karana Dvadashyam Titau

Nairobi, Kenya

Mesha Rasi: 19.27 Tithi 12

828137575

**Gulika** 6:27AM – 7:59AM  
Yama 2:04PM – 3:36PM  
**Rahu** 9:30AM – 11:02AM**Bharani Until 6:51PM**  
Shiva Until 6:40AM  
Bava Until 4:21PM**Ganesha:** Clear *Sunrise:* 6:27AM  
**Muruga:** White *Sunset:* 6:39PMSun 25 Sutra 250  
Sobhana 5125  
Moon 12 - Phase 35 - 25  
4th PhaseCreative Work Siddha Yoga  
Until 6:51PM  
Then Creative Work - Amrita Yoga**Day 3 of Pancha Ganapati****Dvadashi Until 3:58AM Sun****Margasira\*Markali****Subha Sivaloka Day****4****Sunday, December 24, 2023**Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Krittika Nakshatra Sadhya Yoga Kaulava/Taitila Karana Trayodashyam Titau

Nairobi, Kenya

Vrishabha Rasi: 2.52 Tithi 13

828137575

**Gulika** 3:36PM – 5:08PM  
Yama 12:33PM – 2:05PM  
**Rahu** 5:08PM – 6:39PM**Krittika Until 6:42PM**  
Sadhya Until 3:12AM Mon  
Kaulava Until 3:42PM**Ganesha:** Clear *Sunrise:* 6:28AM  
**Muruga:** White *Sunset:* 6:39PMSun 26 Sutra 251  
Sobhana 5125  
Moon 12 - Phase 35 - 26  
4th Phase

Creative Work Siddha Yoga

**Day 4 of Pancha Ganapati****Trayodashi Until 3:28AM Mon****Margasira\*Markali****Subha Sivaloka Day***Pradosha Vrata***5****Monday, December 25, 2023**Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Indu Vasara Yuktayam  
Rohini Nakshatra Subha Yoga Gara/Vanija Karana Chaturdashyam Titau

Nairobi, Kenya

Vrishabha Rasi: 16.07 Tithi 14

838137575

**Gulika** 2:05PM – 3:37PM  
Yama 11:03AM – 12:34PM  
**Rahu** 8:00AM – 9:31AM**Rohini Until 7:10PM**  
Subha Until 1:53AM Tue  
Gara Until 3:22PM**Ganesha:** White *Sunrise:* 6:28AM  
**Muruga:** White *Sunset:* 6:40PMSun 27 Sutra 252  
Sobhana 5125  
Moon 12 - Phase 35 - 27  
4th Phase

Creative Work Amrita Yoga

**Day 5 of Pancha Ganapati****Chaturdashi\* Until 3:19AM Tue****Margasira\*Markali****Sivaloka Day****Tuesday, December 26, 2023****Copper Retreat Star**Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Mangala Vasara Yuktayam  
Mrigashira Nakshatra Sukla Yoga Visti\*/Bava Karana Purnimayam Titau

Nairobi, Kenya

Vrishabha Rasi: 29.12 Tithi 15

838137575

**Gulika** 12:34PM – 2:06PM  
Yama 9:32AM – 11:03AM  
**Rahu** 3:37PM – 5:09PM**Mrigashira Until 7:52PM**  
Sukla Until 12:51AM Wed  
Visti Until 3:25PM**Ganesha:** White *Sunrise:* 6:29AM  
**Muruga:** White *Sunset:* 6:40PMSun 28 Sutra 253  
Sobhana 5125  
Moon 12 - Phase 35 -  
PurnimaCreative Work Siddha Yoga  
Until 7:52PM  
Then Routine Work - Marana Yoga**Purnima\* Until 3:35AM Wed****Margasira\*Markali****Sivaloka Day****Wednesday, December 27, 2023****Silver Retreat Star**Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam  
Ardra Nakshatra Brahma Yoga Balava/Kaulava Karana Prathamayam Titau

Nairobi, Kenya

Mithuna Rasi: 12.04 Tithi 16

838137575

**Gulika** 11:04AM – 12:35PM  
Yama 8:01AM – 9:32AM  
**Rahu** 12:35PM – 2:06PM**Ardra Until 8:49PM**  
Brahma Until 12:10AM Thu  
Balava Until 3:54PM**Ganesha:** White *Sunrise:* 6:29AM  
**Muruga:** White *Sunset:* 6:41PMSun 29 Sutra 254  
Sobhana 5125  
Moon 12 - Phase 35 -  
Prathama

Creative Work Siddha Yoga

**Prathama\* Until 4:18AM Thu****Margasira\*Markali****Devaloka Day****Ardra Darshanam**





Thursday, December 28, 2023

Gold Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Guru Vasara Yuktayam  
Punarvasu Nakshatra Indra Yoga Taitila/Gara Karana Dvitiyayam Titau

Nairobi, Kenya

Sutra 255

Sobhana 5125

Mithuna Rasi: 24.43 Tithi 17

849137576

Gulika

9:33AM – 11:04AM

Yama

6:30AM – 8:01AM

Rahu

2:07PM – 3:38PM

Punarvasu Until 10:34PM

Indra Until 11:52PM

Taitila Until 4:51PM

Dvitiya Until 5:30AM Fri

Ganesha: Yellow

Sunrise: 6:30AM

Muruga: White

Sunset: 6:41PM

Nataraja: Clear

Moon – Blue

Sivaloka Day

Margasira\*Markali

Creative Work Amrita Yoga

1

Friday, December 29, 2023

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

Nairobi, Kenya

Sun 1 Sutra 256

Sobhana 5125

Kataka Rasi: 7.09 Tithi 18

849137576

Gulika

8:02AM – 9:33AM

Yama

3:39PM – 5:10PM

Rahu

11:04AM – 12:36PM

Pushya Until 12:38AM Sat

Vaidhriti\* Until 11:56PM

Vanija Until 6:19PM

Tritiya Until 7:13AM Sat

Ganesha: Blue

Sunrise: 6:30AM

Muruga: White

Sunset: 6:42PM

Nataraja: Clear

Moon – Blue

Subha Sivaloka Day

Margasira\*Markali

Routine Work Marana Yoga

2

Saturday, December 30, 2023

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam  
Ashlesha\* Nakshatra Vishkamba\* Yoga Visti\*/Bava Karana Tritiya/Chaturthyam Titau

Nairobi, Kenya

Sun 2 Sutra 257

Sobhana 5125

Kataka Rasi: 19.22 Tithi 18 – 19

849137576

Gulika

6:31AM – 8:02AM

Yama

2:08PM – 3:39PM

Rahu

9:34AM – 11:05AM

Ashlesha\* Until 2:59AM Sun

Vishkamba\* Until 12:22AM Sun

Bava Until 8:17PM

Tritiya Until 7:13AM

Ganesha: Blue

Sunrise: 6:31AM

Muruga: White

Sunset: 6:42PM

Nataraja: Clear

Moon – Blue

Subha Sivaloka Day

Margasira\*Markali

Routine Work Marana Yoga

3

Sunday, December 31, 2023

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

Nairobi, Kenya

Sun 3 Sutra 258

Sobhana 5125

Simha Rasi: 1.25 Tithi 19 – 20

859137576

Gulika

3:40PM – 5:11PM

Yama

12:37PM – 2:08PM

Rahu

5:11PM – 6:43PM

Magha\* Until 6:02AM Mon

Priti Until 1:06AM Mon

Kaulava Until 10:39PM

Chaturthi\* Until 9:24AM

Ganesha: Red

Sunrise: 6:31AM

Muruga: White

Sunset: 6:43PM

Nataraja: Clear

Moon – Red

Sivaloka Day

Margasira\*Markali

Routine Work Marana Yoga

Until 6:02AM Mon

Then Creative Work - Siddha Yoga

4

Monday, January 1, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Ayushman Yoga Taitila/Gara Karana Panchami/Shashthyam Titau

Nairobi, Kenya

Sun 4 Sutra 259

Sobhana 5125

Simha Rasi: 13.19 Tithi 20 – 21

859137576

Gulika

2:09PM – 3:41PM

Yama

11:06AM – 12:38PM

Rahu

8:04AM – 9:35AM

Magha\* Until 6:02AM

Ayushman Until 2:00AM Tue

Gara Until 1:17AM Tue

Panchami Until 11:55AM

Ganesha: Red

Sunrise: 6:32AM

Muruga: White

Sunset: 6:44PM

Nataraja: Clear

Moon – Red

Sivaloka Day

Margasira\*Markali

Routine Work Marana Yoga

Until 6:02AM

Then Creative Work - Siddha Yoga

5

Tuesday, January 2, 2024

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

Nairobi, Kenya

Sun 5 Sutra 260

Sobhana 5125

Simha Rasi: 25.07 Tithi 21 – 22

859137576

Gulika

12:38PM – 2:10PM

Yama

9:35AM – 11:07AM

Rahu

3:41PM – 5:13PM

Purvaphalguni Until 9:07AM

Saubhagya Until 2:57AM Wed

Visti Until 3:59AM Wed

Shashthi\* Until 2:37PM

Ganesha: Red

Sunrise: 6:33AM

Muruga: White

Sunset: 6:44PM

Nataraja: Clear

Moon – Red

Sivaloka Day

Margasira\*Markali

Creative Work Siddha Yoga

Until 9:07AM

Then Creative Work - Amrita Yoga

6

Wednesday, January 3, 2024

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

Nairobi, Kenya

Sun 6 Sutra 261

Sobhana 5125

Kanya Rasi: 6.56 Tithi 22 – 23

859137576

Gulika

11:07AM – 12:39PM

Yama

8:05AM – 9:36AM

Rahu

12:39PM – 2:10PM

Uttaraphalguni Until 12:02PM

Sobhana Until 3:47AM Thu

Balava Until 6:30AM Thu

Saptami Until 5:16PM

Ganesha: Red

Sunrise: 6:33AM

Muruga: White

Sunset: 6:44PM

Nataraja: Clear

Moon – Red

Sivaloka Day

Margasira\*Markali

Creative Work Amrita Yoga

Until 12:02PM

Then Routine Work - Marana Yoga

D

Thursday, January 4, 2024

Retreat Star

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

Nairobi, Kenya

Sun 7 Sutra 262

Sobhana 5125

Kanya Rasi: 18.49 Tithi 23

869137576

Gulika

9:36AM – 11:08AM

Yama

6:34AM – 8:05AM

Rahu

2:11PM – 3:42PM

Hasta Until 3:01PM

Athiganda\* Until 4:16AM Fri

Balava Until 6:30AM

Ashtami\* Until 7:34PM

Ganesha: Green

Sunrise: 6:34AM

Muruga: White

Sunset: 6:45PM

Nataraja: Clear

Moon – Green

Subha Sivaloka Day

Margasira\*Markali

Routine Work Marana Yoga

Until 3:01PM

Then Creative Work - Siddha Yoga

Friday, January 5, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Sukra Vasara Yuktayam  
Chitra/Svati Nakshatra Sukarma Yoga Taitila/Gara Karana Navamyam Titau

Nairobi, Kenya

Sun 8 Sutra 263

Sobhana 5125

Tula Rasi: 0.53 Tithi 24

869137576

Gulika

8:05AM – 9:37AM

Yama

3:43PM – 5:14PM

Rahu

11:08AM – 12:40PM

Chitra Until 5:18PM

Sukarma Until 4:16AM Sat

Taitila Until 8:32AM

Navami\* Until 9:17PM

Ganesha: Green

Sunrise: 6:34AM

Muruga: White

Sunset: 6:45PM

Nataraja: Clear

Moon – Green

Subha Sivaloka Day

Margasira\*Markali

Creative Work Siddha Yoga

Subramuniyaswami Jayanti

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Saturday, January 6, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Manta Vasara Yuktayam		Nairobi, Kenya
			Svati Nakshatra Dhriti Yoga Vanija/Visti* Karana Dashamyam Titau		Sun 9 Sutra 264
	Tula Rasi: 13.13	Tithi 25	<b>Gulika</b> 6:34AM – 8:06AM	<b>Svati</b> <b>Until 6:44PM</b>	Sobhana 5125
			Yama 2:12PM – 3:43PM	Dhriti <b>Until 3:40AM</b> Sun	Moon 13 - Phase 37 - 9
		861137576 <b>Rahu</b> 9:37AM – 11:09AM	Vanija <b>Until 9:53AM</b>	2nd Phase	
Creative Work	Siddha Yoga		<b>Dashami</b> <b>Until 10:13PM</b>	<b>Sivaloka Day</b>	
				Margasira*Markali	

<b>2</b>	<b>Sunday, January 7, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Bhanu Vasara Yuktayam		Nairobi, Kenya
			Vishakha Nakshatra Shula* Yoga Bava/Balava Karana Ekadashyam Titau		Sun 10 Sutra 265
	Tula Rasi: 25.55	Tithi 26	<b>Gulika</b> 3:43PM – 5:15PM	<b>Vishakha</b> <b>Until 7:38PM</b>	Sobhana 5125
			Yama 12:41PM – 2:12PM	Shula* <b>Until 2:21AM</b> Mon	Moon 13 - Phase 37 - 10
		871137576 <b>Rahu</b> 5:15PM – 6:46PM	Bava <b>Until 10:23AM</b>	2nd Phase	
Routine Work	Marana Yoga		<b>Ekadashi*</b> <b>Until 10:17PM</b>	<b>Devaloka Day</b>	
				Margasira*Markali	

<b>3</b>	<b>Monday, January 8, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Indu Vasara Yuktayam		Nairobi, Kenya
			Anuradha Nakshatra Ganda* Yoga Kaulava/Taitila Karana Dvodashyam Titau		Sun 11 Sutra 266
	Vrischika Rasi: 9.03	Tithi 27	<b>Gulika</b> 2:12PM – 3:44PM	<b>Anuradha</b> <b>Until 7:32PM</b>	Sobhana 5125
	<b>Family Home Evening</b>		Yama 11:10AM – 12:41PM	Ganda* <b>Until 12:24AM</b> Tue	Moon 13 - Phase 37 - 11
		871137576 <b>Rahu</b> 8:07AM – 9:38AM	Kaulava <b>Until 10:01AM</b>	2nd Phase	
Creative Work	Siddha Yoga		<b>Dvadashi*</b> <b>Until 9:30PM</b>	<b>Devaloka Day</b>	
				Margasira*Markali	

<b>4</b>	<b>Tuesday, January 9, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Mangala Vasara Yuktayam		Nairobi, Kenya
			Jyeshtha* Nakshatra Vriddhi Yoga Gara/Vanija Karana Trayodashyam Titau		Sun 12 Sutra 267
	Vrischika Rasi: 22.38	Tithi 28	<b>Gulika</b> 12:41PM – 2:13PM	<b>Jyeshtha*</b> <b>Until 6:32PM</b>	Sobhana 5125
			Yama 9:39AM – 11:10AM	Vriddhi <b>Until 9:51PM</b>	Moon 13 - Phase 37 - 12
		871137576 <b>Rahu</b> 3:44PM – 5:16PM	Gara <b>Until 8:49AM</b>	2nd Phase	
Routine Work	Marana Yoga		<b>Trayodashi*</b> <b>Until 7:55PM</b>	<b>Devaloka Day</b>	
Until 6:32PM				Margasira*Markali	
Then Creative Work - Amrita Yoga				Pradosha Vrata (Fasting)	

<b>5</b>	<b>Wednesday, January 10, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Krishna Pakshe Budha Vasara Yuktayam		Nairobi, Kenya
			Mula*/Purvashadha* Nakshatra Dhruva Yoga Visti*/Catuspada* Karana Chaturdashi/Amavasyayam Titau		Sun 13 Sutra 268
	Dhanus Rasi: 6.4	Tithi 29 – 30	<b>Gulika</b> 11:10AM – 12:42PM	<b>Mula*</b> <b>Until 5:09PM</b>	Sobhana 5125
			Yama 8:08AM – 9:39AM	Dhruva <b>Until 6:46PM</b>	Moon 13 - Phase 37 - 13
		881137576 <b>Rahu</b> 12:42PM – 2:13PM	Visti <b>Until 6:53AM</b>	2nd Phase	
Routine Work	Marana Yoga		<b>Chaturdashi*</b> <b>Until 5:41PM</b>	<b>Devaloka Day</b>	
Until 5:09PM				Margasira*Markali	
Then Creative Work - Amrita Yoga					

	<b>Thursday, January 11, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Guru Vasara Yuktayam		Nairobi, Kenya
			Purvashadha*/Uttarashadha Nakshatra Vyaghata*/Harshana Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau		Sun 14 Sutra 269
	Dhanus Rasi: 21.05	Tithi 30 – 1	<b>Gulika</b> 9:39AM – 11:11AM	<b>Purvashadha*</b> <b>Until 3:09PM</b>	Sobhana 5125
			Yama 6:37AM – 8:08AM	Vyaghata* <b>Until 3:18PM</b>	Moon 13 - Phase 37 - 14
		881137576 <b>Rahu</b> 2:14PM – 3:45PM	Kintughna <b>Until 1:30AM</b> Fri	Amavasya	
Creative Work	Siddha Yoga		<b>Amavasya*</b> <b>Until 2:58PM</b>	<b>Devaloka Day</b>	
Until 3:09PM				Margasira*Markali	
Then Routine Work - Marana Yoga				Hanumath Jayanthi (Tamil Nadu)	

<b>Retreat Star</b>	<b>Friday, January 12, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Sukra Vasara Yuktayam		Nairobi, Kenya
			Uttarashadha*/Shravana Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Prathama/Dvityayam Titau		Sun 15 Sutra 270
	Makara Rasi: 5.47	Tithi 1 – 2	<b>Gulika</b> 8:08AM – 9:40AM	<b>Uttarashadha</b> <b>Until 12:41PM</b>	Sobhana 5125
			Yama 3:45PM – 5:17PM	Harshana <b>Until 11:36AM</b>	Moon 13 - Phase 37 - 15
		881237576 <b>Rahu</b> 11:11AM – 12:43PM	Balava <b>Until 10:21PM</b>	Prathama	
Routine Work	Marana Yoga		<b>Prathama*</b> <b>Until 11:56AM</b>	<b>Devaloka Day</b>	
				Pausha*Markali	

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

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<b>1</b>	<b>Saturday, January 13, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Manta Vasara Yuktayam Shravana/Dhanishtha Nakshatra Vajra/Siddhi Yoga Kaulava/Taitila Karana Dvitiya/Tritiyayam Titau				Nairobi, Kenya
	Makara Rasi: 20.37	Tithi 2 – 3	<b>Gulika</b> 6:37AM – 8:09AM	<b>Shravana Until 10:21AM</b>	<b>Ganesha:</b> Purple	Sunrise: 6:37AM	Sun 16 Sutra 271
			Yama 2:14PM – 3:46PM	Vajra* Until 7:44AM	<b>Muruga:</b> White	Sunset: 6:48PM	Sobhana 5125
	Creative Work	Siddha Yoga	891237576 <b>Rahu</b> 9:40AM – 11:12AM	Taitila Until 7:09PM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 16
			<b>Dvitiya Until 8:44AM</b>	Moon – Purple		3rd Phase	
				<b>Pausha*Markali</b>		<b>Devaloka Day</b>	

<b>2</b>	<b>Sunday, January 14, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Dhanus Mase Sukla Pakshe Bhanu Vasara Yuktayam Dhanishtha/Shatabhishak Nakshatra Vyatipata* Yoga Vanija/Visti* Karana Chaturthayam Titau				Nairobi, Kenya
	Kumbha Rasi: 5.29	Tithi 4	<b>Gulika</b> 3:46PM – 5:17PM	<b>Dhanishtha Until 7:54AM</b>	<b>Ganesha:</b> Purple	Sunrise: 6:38AM	Sun 17 Sutra 272
			Yama 12:43PM – 2:15PM	Vyatipata* Until 12:11AM Mon	<b>Muruga:</b> White	Sunset: 6:49PM	Sobhana 5125
	Routine Work	Marana Yoga	891237576 <b>Rahu</b> 5:17PM – 6:49PM	Vanija Until 4:02PM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 17
			<b>Chaturthi* Until 2:32AM Mon</b>	Moon – Purple		3rd Phase	
				<b>Pausha*Markali</b>		<b>Devaloka Day</b>	

<b>3</b>	<b>Monday, January 15, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada* Nakshatra Variyan Yoga Bava/Balava Karana Panchamyam Titau				Nairobi, Kenya
	Kumbha Rasi: 20.13	Tithi 5	<b>Gulika</b> 2:15PM – 3:46PM	<b>Purvaproshtapada* Until 3:40AM Tue</b>	<b>Ganesha:</b> Green	Sunrise: 6:38AM	Sun 18 Sutra 273
	<b>Family Home Evening</b>		Yama 11:12AM – 12:44PM	Variyan Until 8:41PM	<b>Muruga:</b> White	Sunset: 6:49PM	Sobhana 5125
	Routine Work	Marana Yoga	811237576 <b>Rahu</b> 8:10AM – 9:41AM	Bava Until 1:09PM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 18
			<b>Panchami Until 11:48PM</b>	Moon – Clear		3rd Phase	
			<b>Thai Pongal</b>	<b>Pausha*Thai</b>		<b>Devaloka Day</b>	

<b>4</b>	<b>Tuesday, January 16, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada Nakshatra Parigha*/Shiva Yoga Kaulava/Taitila Karana Shashthyam Titau				Nairobi, Kenya
	Meena Rasi: 4.43	Tithi 6	<b>Gulika</b> 12:44PM – 2:15PM	<b>Uttaraproshtapada Until 2:07AM Wed</b>	<b>Ganesha:</b> White	Sunrise: 6:39AM	Sun 19 Sutra 274
			Yama 9:41AM – 11:13AM	Parigha* Until 5:30PM	<b>Muruga:</b> White	Sunset: 6:49PM	Sobhana 5125
	Creative Work	Amrita Yoga	812237576 <b>Rahu</b> 3:47PM – 5:18PM	Kaulava Until 10:36AM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 19
			<b>Shashthi* Until 9:28PM</b>	Moon – Clear		3rd Phase	
				<b>Pausha*Thai</b>		<b>Devaloka Day</b>	

<b>5</b>	<b>Wednesday, January 17, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Revati Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Saptamyam Titau				Nairobi, Kenya
	Meena Rasi: 18.56	Tithi 7	<b>Gulika</b> 11:13AM – 12:44PM	<b>Revati Until 12:53AM Thu</b>	<b>Ganesha:</b> White	Sunrise: 6:39AM	Sun 20 Sutra 275
			Yama 8:10AM – 9:42AM	Shiva Until 2:41PM	<b>Muruga:</b> White	Sunset: 6:50PM	Sobhana 5125
	Routine Work	Marana Yoga	812237576 <b>Rahu</b> 12:44PM – 2:16PM	Gara Until 8:29AM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 20
			<b>Saptami Until 7:36PM</b>	Moon – Clear		3rd Phase	
				<b>Pausha*Thai</b>		<b>Devaloka Day</b>	

<b>D</b>	<b>Thursday, January 18, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini Nakshatra Siddha/Sadhya Yoga Visti*/Bava Karana Ashtamyam Titau				Nairobi, Kenya
	<b>Retreat Star</b>		<b>Gulika</b> 9:42AM – 11:13AM	<b>Ashvini Until 12:26AM Fri</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:39AM	Sun 21 Sutra 276
	Mesha Rasi: 2.51	Tithi 8	Yama 6:39AM – 8:11AM	Siddha Until 12:15PM	<b>Muruga:</b> White	Sunset: 6:50PM	Sobhana 5125
	Creative Work	Amrita Yoga	822237576 <b>Rahu</b> 2:16PM – 3:47PM	Visti Until 6:52AM	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 21
			<b>Ashtami* Until 6:14PM</b>	Moon – White		Ashtami	
				<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	

<b>D</b>	<b>Friday, January 19, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani Nakshatra Sadhya/Subha Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya
	<b>Retreat Star</b>		<b>Gulika</b> 8:11AM – 9:42AM	<b>Bharani Until 12:19AM Sat</b>	<b>Ganesha:</b> Yellow	Sunrise: 6:40AM	Sun 22 Sutra 277
	Mesha Rasi: 16.27	Tithi 9 – 10	Yama 3:48PM – 5:19PM	Sadhya Until 10:13AM	<b>Muruga:</b> White	Sunset: 6:50PM	Sobhana 5125
	Creative Work	Siddha Yoga	822237576 <b>Rahu</b> 11:14AM – 12:45PM	Taitila Until 5:08AM Sat	<b>Nataraja:</b> Clear		Moon 13 - Phase 38 - 22
			<b>Navami* Until 5:22PM</b>	Moon – White		Navami	
				<b>Pausha*Thai</b>		<b>Sivaloka Day</b>	

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

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<b>1</b>	<b>Saturday, January 20, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Krittika Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Dashami/Ekodashyam Titau			Nairobi, Kenya Sun 23 Sutra 278 Sobhana 5125
	Mesha Rasi: 29.47 Tithi 10 – 11	<b>Gulika</b> 6:40AM – 8:11AM Yama 2:17PM – 3:48PM Rahu 9:43AM – 11:14AM	<b>Krittika Until 12:30AM Sun</b> Subha Until 8:35AM Vanija Until 4:57AM Sun Dashami Until 4:58PM	<b>Ganesha:</b> Yellow Sunrise: 6:40AM <b>Muruga:</b> White Sunset: 6:51PM <b>Nataraja:</b> Clear Moon – White Pausha*Thai	Moon 13 - Phase 39 - 23 4th Phase <b>Sivaloka Day</b>
	822237576				
	Creative Work Amrita Yoga Until 12:30AM Sun Then Creative Work - Siddha Yoga				

<b>2</b>	<b>Sunday, January 21, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Rohini Nakshatra Sukla/Brahma Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau			Nairobi, Kenya Sun 24 Sutra 279 Sobhana 5125
	Vrishabha Rasi: 12.53 Tithi 11 – 12	<b>Gulika</b> 3:48PM – 5:19PM Yama 12:46PM – 2:17PM Rahu 5:19PM – 6:51PM	<b>Rohini Until 1:24AM Mon</b> Sukla Until 7:17AM Bava Until 5:11AM Mon Ekadashi Until 5:00PM	<b>Ganesha:</b> Blue Sunrise: 6:40AM <b>Muruga:</b> White Sunset: 6:51PM <b>Nataraja:</b> Clear Moon – Yellow Pausha*Thai	Moon 13 - Phase 39 - 24 4th Phase <b>Devaloka Day</b>
	832237576				
	Creative Work Siddha Yoga Until 1:24AM Mon Then Creative Work - Amrita Yoga				

<b>3</b>	<b>Monday, January 22, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Mrigashira Nakshatra Brahma/Indra Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau			Nairobi, Kenya Sun 25 Sutra 280 Sobhana 5125
	Vrishabha Rasi: 25.47 Tithi 12 – 13	<b>Gulika</b> 2:17PM – 3:48PM Yama 11:14AM – 12:46PM Rahu 8:12AM – 9:43AM	<b>Mrigashira Until 2:30AM Tue</b> Brahma Until 6:17AM Kaulava Until 5:48AM Tue Dvadashi Until 5:25PM	<b>Ganesha:</b> Blue Sunrise: 6:41AM <b>Muruga:</b> White Sunset: 6:51PM <b>Nataraja:</b> Clear Moon – Yellow Pausha*Thai	Moon 13 - Phase 39 - 25 4th Phase <b>Devaloka Day</b>
	832237576				
	Family Home Evening Creative Work Amrita Yoga Until 2:30AM Tue Then Routine Work - Marana Yoga				

<b>4</b>	<b>Tuesday, January 23, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Mangala Vasara Yuktayam Ardra Nakshatra Vaidhriti* Yoga Taitila Karana Trayodashyam Titau			Nairobi, Kenya Sun 26 Sutra 281 Sobhana 5125
	Mithuna Rasi: 8.29 Tithi 13	<b>Gulika</b> 12:46PM – 2:17PM Yama 9:43AM – 11:15AM Rahu 3:49PM – 5:20PM	<b>Ardra Until 3:48AM Wed</b> Vaidhriti* Until 5:10AM Wed Taitila Until 6:13PM Trayodashi Until 6:13PM	<b>Ganesha:</b> Blue Sunrise: 6:41AM <b>Muruga:</b> White Sunset: 6:51PM <b>Nataraja:</b> Clear Moon – Yellow Pausha*Thai	Moon 13 - Phase 39 - 26 4th Phase <b>Devaloka Day</b>
	832237576				
	Routine Work Marana Yoga Until 3:48AM Wed Then Creative Work - Siddha Yoga				

<b>5</b>	<b>Wednesday, January 24, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Budha Vasara Yuktayam Punarvasu Nakshatra Vishkambha* Yoga Gara/Vanija Karana Chaturdashyam Titau			Nairobi, Kenya Sun 27 Sutra 282 Sobhana 5125
	Mithuna Rasi: 21.02 Tithi 14	<b>Gulika</b> 11:15AM – 12:46PM Yama 8:12AM – 9:44AM Rahu 12:46PM – 2:18PM	<b>Punarvasu Until 5:47AM Thu</b> Vishkambha* Until 5:02AM Thu Gara Until 6:46AM Chaturdashi* Until 7:23PM	<b>Ganesha:</b> Red Sunrise: 6:41AM <b>Muruga:</b> White Sunset: 6:51PM <b>Nataraja:</b> Clear Moon – Blue Pausha*Thai	Moon 13 - Phase 39 - 27 4th Phase <b>Sivaloka Day</b>
	842237576				
	Creative Work Siddha Yoga Until 5:47AM Thu Then Creative Work - Amrita Yoga				

	<b>Thursday, January 25, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Sukla Pakshe Guru Vasara Yuktayam Pushya Nakshatra Priti Yoga Visti*/Bava Karana Purnimayam Titau			Nairobi, Kenya Sutra 283 Sobhana 5125
	Kataka Rasi: 3.26 Tithi 15	<b>Gulika</b> 9:44AM – 11:15AM Yama 6:41AM – 8:13AM Rahu 2:18PM – 3:49PM	<b>Pushya Until 7:57AM Fri</b> Priti Until 5:11AM Fri Visti Until 8:07AM Purnima* Until 8:55PM	<b>Ganesha:</b> Blue Sunrise: 6:41AM <b>Muruga:</b> White Sunset: 6:52PM <b>Nataraja:</b> Clear Moon – Blue Pausha*Thai	Moon 13 - Phase 39 - Purnima <b>Devaloka Day</b>
	942237576				
	Creative Work Amrita Yoga Until 7:57AM Fri Then Routine Work - Marana Yoga				

	<b>Friday, January 26, 2024</b>	Sobhana Nama Samvatsare Uтарыane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Pushya/Ashlesha* Nakshatra Ayushman Yoga Balava/Kaulava Karana Prathamayam Titau			Nairobi, Kenya Sutra 284 Sobhana 5125
	Kataka Rasi: 15.4 Tithi 16	<b>Gulika</b> 8:13AM – 9:44AM Yama 3:49PM – 5:21PM Rahu 11:15AM – 12:47PM	<b>Pushya Until 7:57AM</b> Ayushman Until 5:35AM Sat Balava Until 9:50AM Prathama* Until 10:49PM	<b>Ganesha:</b> Blue Sunrise: 6:42AM <b>Muruga:</b> White Sunset: 6:52PM <b>Nataraja:</b> Clear Moon – Blue Pausha*Thai	Moon 13 - Phase 39 - Prathama <b>Devaloka Day</b>
	942237576				
	Routine Work Marana Yoga				

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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**Saturday, January 27, 2024**

**Gold Retreat Star**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Saubhagya Yoga Taitila/Gara Karana Dvitiyayam Titau

Nairobi, Kenya

Sun 1 Sutra 285

Sobhana 5125

Kataka Rasi: 27.45 Tithi 17

942237576

**Gulika**

**6:42AM – 8:13AM**

Yama

**2:18PM – 3:49PM**

**Rahu**

**9:44AM – 11:16AM**

**Ashlesha\* Until 10:19AM**

Saubhagya Until 6:16AM Sun

Taitila Until 11:56AM

**Dvitiya Until 1:05AM Sun**

**Ganesha:** Blue

*Sunrise:* 6:42AM

**Muruga:** White

*Sunset:* 6:52PM

**Nataraja:** Clear

Moon – Blue

**Pausha\*Thai**

**Devaloka Day**

Routine Work Marana Yoga

Until 10:19AM

Then Creative Work - Amrita Yoga

**1**

**Sunday, January 28, 2024**

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

Nairobi, Kenya

Sun 2 Sutra 286

Sobhana 5125

Simha Rasi: 9.42 Tithi 18

952237576

**Gulika**

**3:50PM – 5:21PM**

Yama

**12:47PM – 2:18PM**

**Rahu**

**5:21PM – 6:52PM**

**Magha\* Until 1:19PM**

Saubhagya Until 6:16AM

Vanija Until 2:21PM

**Tritiya Until 3:38AM Mon**

**Ganesha:** Red

*Sunrise:* 6:42AM

**Muruga:** White

*Sunset:* 6:52PM

**Nataraja:** Clear

Moon – Red

**Pausha\*Thai**

**Sivaloka Day**

Routine Work Marana Yoga

Until 1:19PM

Then Creative Work - Siddha Yoga

**2**

**Monday, January 29, 2024**

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

Nairobi, Kenya

Sun 3 Sutra 287

Sobhana 5125

Simha Rasi: 21.33 Tithi 19

953237576

**Gulika**

**2:19PM – 3:50PM**

Yama

**11:16AM – 12:47PM**

**Rahu**

**8:13AM – 9:45AM**

**Purvaphalguni Until 4:23PM**

Sobhana Until 7:09AM

Bava Until 5:00PM

**Chaturthi\* Until 6:22AM Tue**

**Ganesha:** Yellow

*Sunrise:* 6:42AM

**Muruga:** White

*Sunset:* 6:52PM

**Nataraja:** Clear

Moon – Red

**Pausha\*Thai**

**Sivaloka Day**

Creative Work Siddha Yoga

**3**

**Tuesday, January 30, 2024**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam  
Uttaraphalguni Nakshatra Athiganda\*/Sukarma Yoga Balava/Kaulava Karana Chaturthi/Panchamyam Titau

Nairobi, Kenya

Sun 4 Sutra 288

Sobhana 5125

Kanya Rasi: 3.2 Tithi 19 – 20

953237576

**Gulika**

**12:47PM – 2:19PM**

Yama

**9:45AM – 11:16AM**

**Rahu**

**3:50PM – 5:21PM**

**Uttaraphalguni Until 7:22PM**

Athiganda\* Until 8:08AM

Kaulava Until 7:45PM

**Chaturthi\* Until 6:22AM**

**Ganesha:** Yellow

*Sunrise:* 6:42AM

**Muruga:** White

*Sunset:* 6:52PM

**Nataraja:** Clear

Moon – Red

**Pausha\*Thai**

**Sivaloka Day**

Creative Work Amrita Yoga

Until 7:22PM

Then Creative Work - Siddha Yoga

**4**

**Wednesday, January 31, 2024**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam  
Hasta Nakshatra Sukarma/Dhriti Yoga Taitila/Gara Karana Panchami/Shashthiyam Titau

Nairobi, Kenya

Sun 5 Sutra 289

Sobhana 5125

Kanya Rasi: 15.08 Tithi 20 – 21

963237576

**Gulika**

**11:16AM – 12:48PM**

Yama

**8:14AM – 9:45AM**

**Rahu**

**12:48PM – 2:19PM**

**Hasta Until 10:36PM**

Sukarma Until 9:07AM

Gara Until 10:24PM

**Panchami Until 9:05AM**

**Ganesha:** White

*Sunrise:* 6:43AM

**Muruga:** White

*Sunset:* 6:53PM

**Nataraja:** Clear

Moon – Green

**Pausha\*Thai**

**Devaloka Day**

Routine Work Marana Yoga

Until 10:36PM

Then Creative Work - Siddha Yoga

**5**

**Thursday, February 1, 2024**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra Nakshatra Dhriti/Shula\* Yoga Vanija/Visti\* Karana Shashthi/Saptamyam Titau

Nairobi, Kenya

Sun 6 Sutra 290

Sobhana 5125

Kanya Rasi: 26.59 Tithi 21 – 22

963237576

**Gulika**

**9:45AM – 11:16AM**

Yama

**6:43AM – 8:14AM**

**Rahu**

**2:19PM – 3:50PM**

**Chitra Until 1:19AM Fri**

Dhriti Until 9:56AM

Visti Until 12:41AM Fri

**Shashthi\* Until 11:34AM**

**Ganesha:** White

*Sunrise:* 6:43AM

**Muruga:** White

*Sunset:* 6:53PM

**Nataraja:** Clear

Moon – Green

**Pausha\*Thai**

**Devaloka Day**

Creative Work Siddha Yoga

**D**

**Friday, February 2, 2024**

**Retreat Star**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam  
Svati Nakshatra Shula\*/Ganda\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Nairobi, Kenya

Sun 7 Sutra 291

Sobhana 5125

Tula Rasi: 9.01 Tithi 22 – 23

963237576

**Gulika**

**8:14AM – 9:45AM**

Yama

**3:50PM – 5:21PM**

**Rahu**

**11:16AM – 12:48PM**

**Svati Until 3:19AM Sat**

Shula\* Until 10:24AM

Balava Until 2:22AM Sat

**Saptami Until 1:35PM**

**Ganesha:** White

*Sunrise:* 6:43AM

**Muruga:** White

*Sunset:* 6:53PM

**Nataraja:** Clear

Moon – Green

**Pausha\*Thai**

**Devaloka Day**

Creative Work Siddha Yoga

**Saturday, February 3, 2024**

**Retreat Star**

Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Manta Vasara Yuktayam  
Vishakha Nakshatra Ganda\*/Vridhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Nairobi, Kenya

Sun 8 Sutra 292

Sobhana 5125

Tula Rasi: 21.18 Tithi 23 – 24

973237576

**Gulika**

**6:43AM – 8:14AM**

Yama

**2:19PM – 3:50PM**

**Rahu**

**9:45AM – 11:17AM**

**Vishakha Until 4:52AM Sun**

Ganda\* Until 10:22AM

Taitila Until 3:17AM Sun

**Ashtami\* Until 2:55PM**

**Ganesha:** Clear

*Sunrise:* 6:43AM

**Muruga:** White

*Sunset:* 6:53PM

**Nataraja:** Clear

Moon – Orange

**Pausha\*Thai**

**Sivaloka Day**

Creative Work Siddha Yoga

Until 4:52AM Sun

Then Routine Work - Marana Yoga

**1 Sunday, February 4, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Bhanu Vasara Yuktayam Nairobi, Kenya  
Anuradha Nakshatra Vridhhi/Dhruva Yoga Gara/Vanija Karana Navami/Dashamyam Titau Sun 9 Sutra 293

<b>Gulika</b> 3:50PM – 5:22PM	<b>Anuradha</b> Until 5:24AM Mon	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:43AM	Sobhana 5125
Yama 12:48PM – 2:19PM	Vridhhi Until 9:43AM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 9
973237577 <b>Rahu</b> 5:22PM – 6:53PM	Vanija Until 3:17AM Mon	<b>Nataraja:</b> Orange		2nd Phase

Routine Work Marana Yoga  
Until 5:24AM Mon  
Then Creative Work - Siddha Yoga

**Sivaloka Day**  
Pausha\*Thai

**2 Monday, February 5, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Indu Vasara Yuktayam Nairobi, Kenya  
Jyeshtha\* Nakshatra Dhruva/Vyaghata\* Yoga Visti\*/Bava Karana Dashami/Ekadayam Titau Sun 10 Sutra 294

<b>Gulika</b> 2:19PM – 3:50PM	<b>Jyeshtha*</b> Until 4:55AM Tue	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:43AM	Sobhana 5125
Yama 11:17AM – 12:48PM	Dhruva Until 8:21AM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 10
973237577 <b>Rahu</b> 8:14AM – 9:46AM	Bava Until 2:24AM Tue	<b>Nataraja:</b> Orange		2nd Phase

Creative Work Siddha Yoga  
Until 4:55AM Tue  
Then Creative Work - Amrita Yoga

**Sivaloka Day**  
Pausha\*Thai

**3 Tuesday, February 6, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Mangala Vasara Yuktayam Nairobi, Kenya  
Mula\* Nakshatra Vyaghata\*/Harshana Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau Sun 11 Sutra 295

<b>Gulika</b> 12:48PM – 2:19PM	<b>Mula*</b> Until 3:55AM Wed	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:43AM	Sobhana 5125
Yama 9:46AM – 11:17AM	Vyaghata* Until 6:18AM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 11
983337577 <b>Rahu</b> 3:50PM – 5:22PM	Kaulava Until 12:40AM Wed	<b>Nataraja:</b> Orange		2nd Phase

Creative Work Amrita Yoga

**Devaloka Day**  
Pausha\*Thai

**4 Wednesday, February 7, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Budha Vasara Yuktayam Nairobi, Kenya  
Purvashadha\* Nakshatra Vajra\* Yoga Taitla/Gara Karana Dvadashi/Trayodashyam Titau Sun 12 Sutra 296

<b>Gulika</b> 11:17AM – 12:48PM	<b>Purvashadha*</b> Until 2:04AM Thu	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:43AM	Sobhana 5125
Yama 8:15AM – 9:46AM	Vajra* Until 12:19AM Thu	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 12
983337577 <b>Rahu</b> 12:48PM – 2:19PM	Gara Until 10:13PM	<b>Nataraja:</b> Orange		2nd Phase

Creative Work Amrita Yoga  
Until 2:04AM Thu  
Then Routine Work - Marana Yoga

**Devaloka Day**  
Pausha\*Thai

*Pradosha Vrata (Fasting)*

**5 Thursday, February 8, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Guru Vasara Yuktayam Nairobi, Kenya  
Uttarashadha Nakshatra Siddhi Yoga Vanija/Visti\* Karana Trayodashi/Chaturdashyam Titau Sun 13 Sutra 297

<b>Gulika</b> 9:46AM – 11:17AM	<b>Uttarashadha</b> Until 11:34PM	<b>Ganesha:</b> Light Blue	<i>Sunrise:</i> 6:43AM	Sobhana 5125
Yama 6:43AM – 8:15AM	Siddhi Until 8:37PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 13
983337577 <b>Rahu</b> 2:19PM – 3:51PM	Visti Until 7:13PM	<b>Nataraja:</b> Orange		2nd Phase

Routine Work Marana Yoga  
Until 11:34PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**  
Pausha\*Thai

**Friday, February 9, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Krishna Pakshe Sukra Vasara Yuktayam Nairobi, Kenya  
Shravana Nakshatra Vyatipata\*/Variyan Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau Sun 14 Sutra 298

**Retreat Star**

<b>Gulika</b> 8:15AM – 9:46AM	<b>Shravana</b> Until 8:59PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:44AM	Sobhana 5125
Yama 3:51PM – 5:22PM	Vyatipata* Until 4:36PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 14
993337577 <b>Rahu</b> 11:17AM – 12:48PM	Catuspada Until 3:49PM	<b>Nataraja:</b> Orange		Amavasya

Routine Work Marana Yoga  
Until 8:59PM  
Then Creative Work - Siddha Yoga

**Devaloka Day**  
Pausha\*Thai

**Saturday, February 10, 2024** Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Manta Vasara Yuktayam Nairobi, Kenya  
Dhanishtha Nakshatra Variyan/Parigha\* Yoga Kintughna\*/Bava Karana Prathamayam Titau Sun 15 Sutra 299

**Retreat Star**

<b>Gulika</b> 6:44AM – 8:15AM	<b>Dhanishtha</b> Until 6:05PM	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:44AM	Sobhana 5125
Yama 2:19PM – 3:51PM	Variyan Until 12:24PM	<b>Muruga:</b> White	<i>Sunset:</i> 6:53PM	Moon 1 - Phase 41 - 15
993337577 <b>Rahu</b> 9:46AM – 11:17AM	Kintughna Until 12:12PM	<b>Nataraja:</b> Orange		Prathama

Creative Work Siddha Yoga  
Until 6:05PM  
Then Creative Work - Amrita Yoga

**Devaloka Day**  
Magha\*Thai

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>	<b>Sunday, February 11, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Bhanu Vasara Yuktayam Shatabhishak/Purvaproshtapada* Nakshatra Parigha/Shiva Yoga Balava/Kaulava Karana Dvitiyayam Titau				Nairobi, Kenya
	Kumbha Rasi: 14.11	Tithi 2	<b>Gulika</b> 3:51PM – 5:22PM	<b>Shatabhishak</b> Until 3:04PM	<b>Ganesha:</b> Purple	Sunrise: 6:44AM	Sun 16 Sutra 300
	993337577	<b>Rahu</b> 5:22PM – 6:53PM	Parigha* Until 8:10AM	<b>Muruga:</b> White	Sunset: 6:53PM	Sobhana 5125	Moon 1 - Phase 42 - 16
	Creative Work Siddha Yoga		Balava Until 8:32AM	<b>Nataraja:</b> Orange			3rd Phase
			<b>Dvitiya</b> Until 6:44PM	Moon – Purple		<b>Devaloka Day</b>	
				<b>Magha*Thai</b>			

<b>2</b>	<b>Monday, February 12, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Makara Mase Sukla Pakshe Indu Vasara Yuktayam Purvaproshtapada/Uttaraproshtapada Nakshatra Siddha Yoga Gara/Vanija Karana Tritiya/Chaturthyam Titau				Nairobi, Kenya
	Kumbha Rasi: 29.16	Tithi 3 – 4	<b>Gulika</b> 2:19PM – 3:51PM	<b>Purvaproshtapada*</b> Until 12:29PM	<b>Ganesha:</b> Clear	Sunrise: 6:44AM	Sun 17 Sutra 301
	913337577	<b>Rahu</b> 8:15AM – 9:46AM	Siddha Until 12:08AM Tue	Vanija Until 1:44AM Tue	<b>Muruga:</b> White	Sunset: 6:53PM	Sobhana 5125
	Family Home Evening				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 17
Routine Work Marana Yoga				Moon – Clear		3rd Phase	
Until 12:29PM			<b>Tritiya</b> Until 3:19PM	<b>Magha*Thai</b>		<b>Sivaloka Day</b>	
Then Creative Work - Siddha Yoga							

<b>3</b>	<b>Tuesday, February 13, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam Uttaraproshtapada/Revati Nakshatra Sadhya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau				Nairobi, Kenya
	Meena Rasi: 14.08	Tithi 4 – 5	<b>Gulika</b> 12:48PM – 2:19PM	<b>Uttaraproshtapada</b> Until 10:07AM	<b>Ganesha:</b> Orange	Sunrise: 6:44AM	Sun 18 Sutra 302
	914337577	<b>Rahu</b> 3:51PM – 5:22PM	Sadhya Until 8:34PM	Bava Until 10:54PM	<b>Muruga:</b> White	Sunset: 6:53PM	Sobhana 5125
	Creative Work Amrita Yoga				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 18
Until 10:07AM			<b>Chaturthi*</b> Until 12:15PM	Moon – Clear		3rd Phase	
Then Creative Work - Siddha Yoga				<b>Magha*Masi</b>		<b>Sivaloka Day</b>	

<b>4</b>	<b>Wednesday, February 14, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam Revati/Ashvini Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau				Nairobi, Kenya
	Meena Rasi: 28.4	Tithi 5 – 6	<b>Gulika</b> 11:17AM – 12:48PM	<b>Revati</b> Until 8:04AM	<b>Ganesha:</b> Orange	Sunrise: 6:44AM	Sun 19 Sutra 303
	914347577	<b>Rahu</b> 12:48PM – 2:19PM	Subha Until 5:27PM	Kaulava Until 8:37PM	<b>Muruga:</b> Clear	Sunset: 6:53PM	Sobhana 5125
	Routine Work Marana Yoga				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 19
			<b>Panchami</b> Until 9:40AM	Moon – Clear		3rd Phase	
				<b>Magha*Masi</b>		<b>Devaloka Day</b>	

<b>5</b>	<b>Thursday, February 15, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam Ashvini/Bharani Nakshatra Sukla/Brahma Yoga Tautila/Gara Karana Shashthi/Saptamyam Titau				Nairobi, Kenya
	Mesha Rasi: 12.49	Tithi 6 – 7	<b>Gulika</b> 9:46AM – 11:17AM	<b>Ashvini</b> Until 6:53AM	<b>Ganesha:</b> Green	Sunrise: 6:44AM	Sun 20 Sutra 304
	924347577	<b>Rahu</b> 2:19PM – 3:50PM	Sukla Until 2:49PM	Gara Until 6:58PM	<b>Muruga:</b> Clear	Sunset: 6:53PM	Sobhana 5125
	Creative Work Amrita Yoga				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 20
Until 6:53AM			<b>Shashthi*</b> Until 7:41AM	Moon – White		3rd Phase	
Then Creative Work - Siddha Yoga				<b>Magha*Masi</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>6</b>	<b>Friday, February 16, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam Bharani/Krittika Nakshatra Brahma/Indra Yoga Vanija/Bava Karana Saptami/Ashtamyam Titau				Nairobi, Kenya
	Mesha Rasi: 26.32	Tithi 7 – 8	<b>Gulika</b> 8:15AM – 9:46AM	<b>Bharani</b> Until 6:13AM	<b>Ganesha:</b> Green	Sunrise: 6:44AM	Sun 21 Sutra 305
	924347577	<b>Rahu</b> 11:17AM – 12:48PM	Brahma Until 12:43PM	Bava Until 5:44AM Sat	<b>Muruga:</b> Clear	Sunset: 6:53PM	Sobhana 5125
	Creative Work Siddha Yoga				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 21
			<b>Saptami</b> Until 6:22AM	Moon – White		Ashtami	
				<b>Magha*Masi</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>7</b>	<b>Saturday, February 17, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Manta Vasara Yuktayam Krittika/Rohini Nakshatra Indra/Vaidhriti* Yoga Balava/Kaulava Karana Navamyam Titau				Nairobi, Kenya
	Vrisabha Rasi: 9.52	Tithi 9	<b>Gulika</b> 6:44AM – 8:15AM	<b>Krittika</b> Until 6:04AM	<b>Ganesha:</b> Green	Sunrise: 6:44AM	Sun 22 Sutra 306
	924347577	<b>Rahu</b> 9:46AM – 11:17AM	Indra Until 11:11AM	Balava Until 5:41PM	<b>Muruga:</b> Clear	Sunset: 6:53PM	Sobhana 5125
	Creative Work Amrita Yoga				<b>Nataraja:</b> Orange		Moon 1 - Phase 42 - 22
			<b>Navami*</b> Until 5:45AM Sun	Moon – White		Navami	
				<b>Magha*Masi</b>		<b>Bhuloka Day</b>	
						<b>Devaloka Time: 3:PM to 6:PM</b>	

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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# 1

## Sunday, February 18, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Vaidhriti\*/Vishkambha\* Yoga Taitila Karana Dashamyam Titau

Nairobi, Kenya  
Sun 23 Sutra 307  
Sobhana 5125

Visshabha Rasi: 22.52 Tithi 10

**Gulika** 3:50PM – 5:21PM  
Yama 12:48PM – 2:19PM  
934347577 **Rahu** 5:21PM – 6:52PM

**Rohini Until 6:51AM**  
Vaidhriti\* Until 10:06AM  
Taitila Until 6:00PM  
**Dashami Until 6:21AM Mon**

**Ganesha:** Red *Sunrise:* 6:44AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Yellow  
**Magha\* Masi**

Moon 1 - Phase 43 - 23  
4th Phase

**Devaloka Day**

Creative Work Siddha Yoga

# 2

## Monday, February 19, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Vishkambha\*/Priti Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau

Nairobi, Kenya  
Sun 24 Sutra 308  
Sobhana 5125

Mithuna Rasi: 5.35 Tithi 10 – 11

**Gulika** 2:19PM – 3:50PM  
Yama 11:17AM – 12:48PM  
934347577 **Rahu** 8:15AM – 9:46AM

**Mrigashira Until 8:03AM**  
Vishkambha\* Until 9:30AM  
Vanija Until 6:52PM  
**Dashami Until 6:21AM**

**Ganesha:** Red *Sunrise:* 6:44AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Yellow  
**Magha\* Masi**

Moon 1 - Phase 43 - 24  
4th Phase

**Devaloka Day**

Family Home Evening  
Creative Work Amrita Yoga  
Until 8:03AM  
Then Creative Work - Siddha Yoga

# 3

## Tuesday, February 20, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Priti/Ayushman Yoga Visti\*/Bava Karana Ekadashi/Dvadashyam Titau

Nairobi, Kenya  
Sun 25 Sutra 309  
Sobhana 5125

Mithuna Rasi: 18.04 Tithi 11 – 12

**Gulika** 12:48PM – 2:19PM  
Yama 9:46AM – 11:17AM  
934347577 **Rahu** 3:50PM – 5:21PM

**Ardra Until 9:34AM**  
Priti Until 9:16AM  
Bava Until 8:12PM  
**Ekadashi Until 7:28AM**

**Ganesha:** Red *Sunrise:* 6:44AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Yellow  
**Magha\* Masi**

Moon 1 - Phase 43 - 25  
4th Phase

**Devaloka Day**

Routine Work Marana Yoga  
Until 9:34AM  
Then Creative Work - Siddha Yoga

# 4

## Wednesday, February 21, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Ayushman/Saubhagya Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Titau

Nairobi, Kenya  
Sun 26 Sutra 310  
Sobhana 5125

Kataka Rasi: 0.22 Tithi 12 – 13

**Gulika** 11:17AM – 12:48PM  
Yama 8:15AM – 9:46AM  
944347577 **Rahu** 12:48PM – 2:19PM

**Punarvasu Until 11:48AM**  
Ayushman Until 9:20AM  
Kaulava Until 9:55PM  
**Dvadashi Until 9:00AM**

**Ganesha:** Blue *Sunrise:* 6:43AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Blue  
**Magha\* Masi**

Moon 1 - Phase 43 - 26  
4th Phase

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

Creative Work Siddha Yoga

*Pradosha Vrata*

# 5

## Thursday, February 22, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Guru Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Saubhagya/Sobhana Yoga Taitila/Gara Karana Trayodashi/Chaturdashyam Titau

Nairobi, Kenya  
Sun 27 Sutra 311  
Sobhana 5125

Kataka Rasi: 12.32 Tithi 13 – 14

**Gulika** 9:46AM – 11:17AM  
Yama 6:43AM – 8:14AM  
944347577 **Rahu** 2:19PM – 3:50PM

**Pushya Until 2:12PM**  
Saubhagya Until 9:41AM  
Gara Until 11:57PM  
**Trayodashi Until 10:53AM**

**Ganesha:** Blue *Sunrise:* 6:43AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Blue  
**Magha\* Masi**

Moon 1 - Phase 43 - 27  
4th Phase

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

Creative Work Amrita Yoga  
Until 2:12PM  
Then Creative Work - Siddha Yoga

**Chidambaram Abhishekam**



## Friday, February 23, 2024

### Copper Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Sukra Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Sobhana/Athiganda\* Yoga Vanija/Visti\* Karana Chaturdashi/Purnimayam Titau

Nairobi, Kenya  
Sutra 312  
Sobhana 5125

Kataka Rasi: 24.34 Tithi 14 – 15

**Gulika** 8:14AM – 9:45AM  
Yama 3:50PM – 5:21PM  
944347577 **Rahu** 11:16AM – 12:47PM

**Ashlesha\* Until 4:43PM**  
Sobhana Until 10:16AM  
Visti Until 2:15AM Sat  
**Chaturdashi\* Until 1:03PM**

**Ganesha:** Blue *Sunrise:* 6:43AM  
**Muruga:** Clear *Sunset:* 6:52PM  
**Nataraja:** Orange  
Moon – Blue  
**Magha\* Masi**

Moon 1 - Phase 43 -  
Purnima

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

Routine Work Marana Yoga

## Saturday, February 24, 2024

### Silver Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Magha\* Nakshatra Athiganda\*/Sukarma Yoga Bava/Balava Karana Purnima/Prathamayam Titau

Nairobi, Kenya  
Sutra 313  
Sobhana 5125

Simha Rasi: 6.3 Tithi 15 – 16

**Gulika** 6:43AM – 8:14AM  
Yama 2:18PM – 3:49PM  
954347577 **Rahu** 9:45AM – 11:16AM

**Magha\* Until 7:47PM**  
Athiganda\* Until 11:00AM  
Balava Until 4:46AM Sun  
**Purnima\* Until 3:28PM**

**Ganesha:** Yellow *Sunrise:* 6:43AM  
**Muruga:** Clear *Sunset:* 6:51PM  
**Nataraja:** Orange  
Moon – Red  
**Magha\* Masi**

Moon 1 - Phase 43 -  
Prathama

**Devaloka Day**

Creative Work Amrita Yoga  
Until 7:47PM  
Then Creative Work - Siddha Yoga





Sunday, February 25, 2024

Gold Retreat Star

Simha Rasi: 18.22 Tithi 16

955347577

Creative Work Siddha Yoga

Until 10:50PM

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaphalguni Nakshatra Sukarma/Dhriti Yoga Kaulava Karana Prathamayam Titau

Nairobi, Kenya

Sutra 314

Sobhana 5125

Moon 2 - Phase 44 -

1st Phase

Gulika 3:49PM - 5:20PM  
Yama 12:47PM - 2:18PM  
Rahu 5:20PM - 6:51PM

Purvaphalguni Until 10:50PM  
Sukarma Until 11:54AM  
Kaulava Until 6:04PM  
Prathama\* Until 6:04PM

Ganesha: White Sunrise: 6:43AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Orange  
Moon - Red  
Magha\*Masi

Sivaloka Day

1

Monday, February 26, 2024

Kanya Rasi: 0.11 Tithi 17

955347577

Creative Work Siddha Yoga

Family Home Evening

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Uttaraphalguni Nakshatra Dhriti/Shula\* Yoga Taitila/Gara Karana Dvitiyayam Titau

Nairobi, Kenya

Sun 1 Sutra 315

Sobhana 5125

Moon 2 - Phase 44 - 1

1st Phase

Gulika 2:18PM - 3:49PM  
Yama 11:16AM - 12:47PM  
Rahu 8:14AM - 9:45AM

Uttaraphalguni Until 1:47AM Tue  
Dhriti Until 12:53PM  
Taitila Until 7:25AM  
Dvitiya Until 8:44PM

Ganesha: White Sunrise: 6:43AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Orange  
Moon - Red  
Magha\*Masi

Sivaloka Day

2

Tuesday, February 27, 2024

Kanya Rasi: 11.59 Tithi 18

965347577

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam  
Hasta Nakshatra Shula\*/Ganda\* Yoga Vanija/Visti\* Karana Tritiyayam Titau

Nairobi, Kenya

Sun 2 Sutra 316

Sobhana 5125

Moon 2 - Phase 44 - 2

1st Phase

Gulika 12:47PM - 2:18PM  
Yama 9:45AM - 11:16AM  
Rahu 3:49PM - 5:20PM

Hasta Until 5:01AM Wed  
Shula\* Until 1:51PM  
Vanija Until 10:05AM  
Tritiya Until 11:23PM

Ganesha: Clear Sunrise: 6:43AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Orange  
Moon - Green  
Magha\*Masi

Devaloka Day

3

Wednesday, February 28, 2024

Kanya Rasi: 23.49 Tithi 19

965347577

Creative Work Siddha Yoga

Until 7:52AM Thu

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam  
Chitra Nakshatra Ganda\*/Vridhi Yoga Bava/Balava Karana Chaturthyam Titau

Nairobi, Kenya

Sun 3 Sutra 317

Sobhana 5125

Moon 2 - Phase 44 - 3

1st Phase

Gulika 11:16AM - 12:47PM  
Yama 8:14AM - 9:45AM  
Rahu 12:47PM - 2:18PM

Chitra Until 7:52AM Thu  
Ganda\* Until 2:44PM  
Bava Until 12:40PM  
Chaturthi\* Until 1:50AM Thu

Ganesha: Clear Sunrise: 6:43AM  
Muruga: Clear Sunset: 6:51PM  
Nataraja: Orange  
Moon - Green  
Magha\*Masi

Devaloka Day

4

Thursday, February 29, 2024

Tula Rasi: 5.43 Tithi 20

965347577

Creative Work Siddha Yoga

Until 7:52AM

Then Creative Work - Amrita Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam  
Chitra/Svati Nakshatra Vridhi/Dhruva Yoga Kaulava/Taitila Karana Panchamyam Titau

Nairobi, Kenya

Sun 4 Sutra 318

Sobhana 5125

Moon 2 - Phase 44 - 4

1st Phase

Gulika 9:45AM - 11:16AM  
Yama 6:43AM - 8:14AM  
Rahu 2:17PM - 3:48PM

Chitra Until 7:52AM  
Vridhi Until 3:26PM  
Kaulava Until 2:57PM  
Panchami Until 3:56AM Fri

Ganesha: Clear Sunrise: 6:43AM  
Muruga: Clear Sunset: 6:50PM  
Nataraja: Orange  
Moon - Green  
Magha\*Masi

Devaloka Day

5

Friday, March 1, 2024

Tula Rasi: 17.47 Tithi 21

965347577

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam  
Svati/Vishakha Nakshatra Dhruva/Vyaghata\* Yoga Gara/Vanija Karana Shashthyam Titau

Nairobi, Kenya

Sun 5 Sutra 319

Sobhana 5125

Moon 2 - Phase 44 - 5

1st Phase

Gulika 8:13AM - 9:44AM  
Yama 3:48PM - 5:19PM  
Rahu 11:15AM - 12:46PM

Svati Until 10:11AM  
Dhruva Until 3:45PM  
Gara Until 4:48PM  
Shashthi\* Until 5:29AM Sat

Ganesha: Clear Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:50PM  
Nataraja: Orange  
Moon - Green  
Magha\*Masi

Devaloka Day

6

Saturday, March 2, 2024

Vrischika Rasi: 0.04 Tithi 22

975347577

Creative Work Siddha Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Vyaghata\*/Harshana Yoga Visti\* Karana Saptamyam Titau

Nairobi, Kenya

Sun 6 Sutra 320

Sobhana 5125

Moon 2 - Phase 44 - 6

1st Phase

Gulika 6:42AM - 8:13AM  
Yama 2:17PM - 3:48PM  
Rahu 9:44AM - 11:15AM

Vishakha Until 12:15PM  
Vyaghata\* Until 3:38PM  
Visti Until 6:02PM  
Saptami Until 6:21AM Sun

Ganesha: Purple Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:50PM  
Nataraja: Orange  
Moon - Orange  
Magha\*Masi

Sivaloka Day

D

Sunday, March 3, 2024

Retreat Star

Vrischika Rasi: 12.4 Tithi 22 - 23

975447577

Routine Work Marana Yoga

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Harshana/Vajra\* Yoga Bava/Balava Karana Saptami/Ashtamyam Titau

Nairobi, Kenya

Sun 7 Sutra 321

Sobhana 5125

Moon 2 - Phase 44 - 7

Ashtami

Gulika 3:48PM - 5:19PM  
Yama 12:46PM - 2:17PM  
Rahu 5:19PM - 6:49PM

Anuradha Until 1:28PM  
Harshana Until 2:57PM  
Balava Until 6:30PM  
Saptami Until 6:21AM

Ganesha: Clear Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:49PM  
Nataraja: Orange  
Moon - Orange  
Magha\*Masi

Devaloka Day

Monday, March 4, 2024

Retreat Star

Vrischika Rasi: 25.38 Tithi 23 - 24

975447577

Creative Work Siddha Yoga

Family Home Evening

Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Indu Vasara Yuktayam  
Jyeshtha\*/Mula\* Nakshatra Vajra\*/Siddhi Yoga Kaulava/Taitila Karana Ashtami/Navamyam Titau

Nairobi, Kenya

Sun 8 Sutra 322

Sobhana 5125

Moon 2 - Phase 44 - 8

Navami

Gulika 2:16PM - 3:47PM  
Yama 11:15AM - 12:45PM  
Rahu 8:13AM - 9:44AM

Jyeshtha\* Until 1:45PM  
Vajra\* Until 1:37PM  
Taitila Until 6:08PM  
Ashtami\* Until 6:24AM

Ganesha: Clear Sunrise: 6:42AM  
Muruga: Clear Sunset: 6:49PM  
Nataraja: Orange  
Moon - Orange  
Magha\*Masi

Devaloka Day

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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<b>1</b>		<b>Tuesday, March 5, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Mangala Vasara Yuktayam Mula*/Purvashadha* Nakshatra Siddhi/Vyatipata* Yoga Vanija/Visti* Karana Dashamyam Titau				Nairobi, Kenya Sun 9 Sutra 323
Dhanus Rasi: 9.02	Tithi 25	<b>Gulika</b>	<b>12:45PM – 2:16PM</b>	<b>Mula* Until 1:30PM</b>	<b>Ganesha: Red</b>	<i>Sunrise: 6:41AM</i>	Sobhana 5125	
		Yama	9:43AM – 11:14AM	Siddhi Until 11:38AM	<b>Muruga: Clear</b>	<i>Sunset: 6:49PM</i>	Moon 2 - Phase 45 - 9	
		186447577 <b>Rahu</b>	<b>3:47PM – 5:18PM</b>	Vanija Until 4:57PM	<b>Nataraja: Orange</b>		2nd Phase	
Creative Work	Amrita Yoga			<b>Dashami Until 4:02AM Wed</b>	Moon – Light Blue			<b>Devaloka Day</b>
Until 1:30PM					<b>Magha*Masi</b>			
Then Creative Work - Siddha Yoga								

<b>2</b>		<b>Wednesday, March 6, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Budha Vasara Yuktayam Purvashadha*/Uttarashadha Nakshatra Vyatipata*/Variyan Yoga Bava/Balava Karana Ekadashyam Titau				Nairobi, Kenya Sun 10 Sutra 324
Dhanus Rasi: 22.55	Tithi 26	<b>Gulika</b>	<b>11:14AM – 12:45PM</b>	<b>Purvashadha* Until 12:21PM</b>	<b>Ganesha: Red</b>	<i>Sunrise: 6:41AM</i>	Sobhana 5125	
		Yama	8:12AM – 9:43AM	Vyatipata* Until 9:02AM	<b>Muruga: Clear</b>	<i>Sunset: 6:49PM</i>	Moon 2 - Phase 45 - 10	
		186447577 <b>Rahu</b>	<b>12:45PM – 2:16PM</b>	Bava Until 2:59PM	<b>Nataraja: Orange</b>		2nd Phase	
Creative Work	Amrita Yoga			<b>Ekadashi* Until 1:43AM Thu</b>	Moon – Light Blue			<b>Devaloka Day</b>
					<b>Magha*Masi</b>			

<b>3</b>		<b>Thursday, March 7, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Guru Vasara Yuktayam Uttarashadha/Shravana Nakshatra Parigha* Yoga Kaulava/Taitila Karana Dvodashyam Titau				Nairobi, Kenya Sun 11 Sutra 325
Makara Rasi: 7.15	Tithi 27	<b>Gulika</b>	<b>9:43AM – 11:14AM</b>	<b>Uttarashadha Until 10:22AM</b>	<b>Ganesha: Red</b>	<i>Sunrise: 6:41AM</i>	Sobhana 5125	
		Yama	6:41AM – 8:12AM	Parigha* Until 2:12AM Fri	<b>Muruga: Clear</b>	<i>Sunset: 6:48PM</i>	Moon 2 - Phase 45 - 11	
		186447577 <b>Rahu</b>	<b>2:16PM – 3:47PM</b>	Kaulava Until 12:21PM	<b>Nataraja: Orange</b>		2nd Phase	
Routine Work	Marana Yoga			<b>Dvadashi* Until 10:48PM</b>	Moon – Light Blue			<b>Devaloka Day</b>
Until 10:22AM					<b>Magha*Masi</b>			
Then Creative Work - Siddha Yoga								

<b>4</b>		<b>Friday, March 8, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Sukra Vasara Yuktayam Shravana/Dhanishtha Nakshatra Shiva Yoga Gara/Vanija Karana Trayodashyam Titau				Nairobi, Kenya Sun 12 Sutra 326
Makara Rasi: 21.59	Tithi 28	<b>Gulika</b>	<b>8:12AM – 9:43AM</b>	<b>Shravana Until 8:08AM</b>	<b>Ganesha: Green</b>	<i>Sunrise: 6:41AM</i>	Sobhana 5125	
		Yama	3:46PM – 5:17PM	Shiva Until 10:13PM	<b>Muruga: Clear</b>	<i>Sunset: 6:48PM</i>	Moon 2 - Phase 45 - 12	
		196447577 <b>Rahu</b>	<b>11:14AM – 12:44PM</b>	Gara Until 9:11AM	<b>Nataraja: Orange</b>		2nd Phase	
Routine Work	Marana Yoga			<b>Trayodashi* Until 7:27PM</b>	Moon – Purple			<b>Sivaloka Day</b>
Until 8:08AM					<b>Magha*Masi</b>			
Then Creative Work - Siddha Yoga				<i>Pradosha Vrata (Fasting)</i>				

<b>5</b>		<b>Saturday, March 9, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Krishna Pakshe Manta Vasara Yuktayam Shatabhishak Nakshatra Siddha Yoga Sakuni*/Catuspada* Karana Chaturdashi/Amavasyayam Titau				Nairobi, Kenya Sun 13 Sutra 327
Kumbha Rasi: 7.02	Tithi 29 – 30	<b>Gulika</b>	<b>6:41AM – 8:12AM</b>	<b>Shatabhishak Until 2:17AM Sun</b>	<b>Ganesha: Green</b>	<i>Sunrise: 6:41AM</i>	Sobhana 5125	
		Yama	2:15PM – 3:46PM	Siddha Until 6:00PM	<b>Muruga: Clear</b>	<i>Sunset: 6:48PM</i>	Moon 2 - Phase 45 - 13	
		196447577 <b>Rahu</b>	<b>9:42AM – 11:13AM</b>	Catuspada Until 1:56AM Sun	<b>Nataraja: Orange</b>		2nd Phase	
Creative Work	Amrita Yoga			<b>Chaturdashi* Until 3:48PM</b>	Moon – Purple			<b>Sivaloka Day</b>
Until 2:17AM Sun					<b>Magha*Masi</b>			
Then Creative Work - Siddha Yoga								

<b>Retreat Star</b>		<b>Sunday, March 10, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Bhanu Vasara Yuktayam Purvaproshtapada* Nakshatra Sadhya/Subha Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau				Nairobi, Kenya Sun 14 Sutra 328
Kumbha Rasi: 22.16	Tithi 30 – 1	<b>Gulika</b>	<b>3:46PM – 5:17PM</b>	<b>Purvaproshtapada* Until 11:25PM</b>	<b>Ganesha: Orange</b>	<i>Sunrise: 6:40AM</i>	Sobhana 5125	
		Yama	12:44PM – 2:15PM	Sadhya Until 1:42PM	<b>Muruga: Clear</b>	<i>Sunset: 6:48PM</i>	Moon 2 - Phase 45 - 14	
		116447577 <b>Rahu</b>	<b>5:17PM – 6:48PM</b>	Kintughna Until 10:09PM	<b>Nataraja: Orange</b>		Amavasya	
Creative Work	Siddha Yoga			<b>Amavasya* Until 12:01PM</b>	Moon – Clear			<b>Devaloka Day</b>
Until 11:25PM					<b>Magha*Masi</b>			
Then Creative Work - Amrita Yoga								

<b>Retreat Star</b>		<b>Monday, March 11, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Indu Vasara Yuktayam Uttaraproshtapada Nakshatra Subha/Sukla Yoga Bava/Balava Karana Prathama/Dvitiyayam Titau				Nairobi, Kenya Sun 15 Sutra 329
Meena Rasi: 7.29	Tithi 1 – 2	<b>Gulika</b>	<b>2:15PM – 3:45PM</b>	<b>Uttaraproshtapada Until 8:33PM</b>	<b>Ganesha: Orange</b>	<i>Sunrise: 6:40AM</i>	Sobhana 5125	
		Yama	11:13AM – 12:44PM	Subha Until 9:28AM	<b>Muruga: Clear</b>	<i>Sunset: 6:47PM</i>	Moon 2 - Phase 45 - 15	
		116447577 <b>Rahu</b>	<b>8:11AM – 9:42AM</b>	Balava Until 6:30PM	<b>Nataraja: Orange</b>		Prathama	
<b>Family Home Evening</b>	Siddha Yoga			<b>Prathama* Until 8:17AM</b>	Moon – Clear			<b>Devaloka Day</b>
Creative Work					<b>Phalguna*Masi</b>			

<b>1</b>	<b>Tuesday, March 12, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Mangala Vasara Yuktayam				Nairobi, Kenya
			Revati/Ashvini Nakshatra Brahma Yoga Taitila/Gara Karana Tritiyayam Titau				Sun 16 Sutra 330
	Meena Rasi: 22.34	Tithi 3	<b>Gulika</b> 12:43PM – 2:14PM	<b>Revati Until 5:52PM</b>	<b>Ganesha:</b> Orange	Sunrise: 6:40AM	Sobhana 5125
	116447577	Rahu	Yama 9:42AM – 11:13AM	Brahma Until 1:37AM Wed	<b>Muruga:</b> Clear	Sunset: 6:47PM	Moon 2 - Phase 46 - 16
Creative Work	Siddha Yoga	3:45PM – 5:16PM	Taitila Until 3:08PM	<b>Nataraja:</b> Orange		3rd Phase	
			<b>Tritiya Until 1:35AM Wed</b>	Moon – Clear		<b>Devaloka Day</b>	
				Phalguna*Masi			
<b>Subramuniyaswami Siva Vision Day</b>							

<b>2</b>	<b>Wednesday, March 13, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Kumbha Mase Sukla Pakshe Budha Vasara Yuktayam				Nairobi, Kenya
			Ashvini/Bharani Nakshatra Indra Yoga Vanija/Visti* Karana Chaturthayam Titau				Sun 17 Sutra 331
	Mesha Rasi: 7.2	Tithi 4	<b>Gulika</b> 11:12AM – 12:43PM	<b>Ashvini Until 3:54PM</b>	<b>Ganesha:</b> White	Sunrise: 6:40AM	Sobhana 5125
	127447577	Rahu	Yama 8:11AM – 9:41AM	Indra Until 10:17PM	<b>Muruga:</b> Clear	Sunset: 6:47PM	Moon 2 - Phase 46 - 17
Routine Work	Marana Yoga	12:43PM – 2:14PM	Vanija Until 12:13PM	<b>Nataraja:</b> Orange		3rd Phase	
Until 3:54PM			<b>Chaturthi* Until 10:56PM</b>	Moon – White		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga				Phalguna*Masi		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>3</b>	<b>Thursday, March 14, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam				Nairobi, Kenya
			Bharani/Krittika Nakshatra Vaidhriti* Yoga Bava/Balava Karana Panchamyam Titau				Sun 18 Sutra 332
	Mesha Rasi: 21.43	Tithi 5	<b>Gulika</b> 9:41AM – 11:12AM	<b>Bharani Until 2:24PM</b>	<b>Ganesha:</b> White	Sunrise: 6:39AM	Sobhana 5125
	127447577	Rahu	Yama 6:39AM – 8:10AM	Vaidhriti* Until 7:27PM	<b>Muruga:</b> Clear	Sunset: 6:46PM	Moon 2 - Phase 46 - 18
Creative Work	Siddha Yoga	2:14PM – 3:45PM	Bava Until 9:52AM	<b>Nataraja:</b> Orange		3rd Phase	
Until 2:24PM			<b>Panchami Until 8:55PM</b>	Moon – White		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga		<b>Karadaiyan Nombu (Tamil Nadu)</b>		Phalguna*Panguni		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>4</b>	<b>Friday, March 15, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam				Nairobi, Kenya
			Krittika/Rohini Nakshatra Vishkambha*/Priti Yoga Kaulava/Taitila Karana Shashthayam Titau				Sun 19 Sutra 333
	Vrishabha Rasi: 5.4	Tithi 6	<b>Gulika</b> 8:10AM – 9:41AM	<b>Krittika Until 1:27PM</b>	<b>Ganesha:</b> White	Sunrise: 6:39AM	Sobhana 5125
	127447578	Rahu	Yama 3:44PM – 5:15PM	Vishkambha* Until 5:12PM	<b>Muruga:</b> Clear	Sunset: 6:46PM	Moon 2 - Phase 46 - 19
Creative Work	Siddha Yoga	11:12AM – 12:43PM	Kaulava Until 8:12AM	<b>Nataraja:</b> Clear		3rd Phase	
Until 1:27PM			<b>Shashthi* Until 7:38PM</b>	Moon – White		<b>Bhuloka Day</b>	
Then Routine Work - Marana Yoga				Phalguna*Panguni		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>5</b>	<b>Saturday, March 16, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam				Nairobi, Kenya
			Rohini/Mrigashira Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Saptamyam Titau				Sun 20 Sutra 334
	Vrishabha Rasi: 19.1	Tithi 7	<b>Gulika</b> 6:39AM – 8:10AM	<b>Rohini Until 1:33PM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:39AM	Sobhana 5125
	137447578	Rahu	Yama 2:13PM – 3:44PM	Priti Until 3:35PM	<b>Muruga:</b> Clear	Sunset: 6:46PM	Moon 2 - Phase 46 - 20
Creative Work	Amrita Yoga	9:41AM – 11:11AM	Gara Until 7:18AM	<b>Nataraja:</b> Clear		3rd Phase	
Until 1:33PM			<b>Saptami Until 7:07PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga				Phalguna*Panguni			

<b>6</b>	<b>Sunday, March 17, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam				Nairobi, Kenya
			Mrigashira/Ardra Nakshatra Ayushman/Saubhagya Yoga Visti*/Bava Karana Ashtamyam Titau				Sun 21 Sutra 335
	Mithuna Rasi: 2.14	Tithi 8	<b>Gulika</b> 3:44PM – 5:14PM	<b>Mrigashira Until 2:15PM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:39AM	Sobhana 5125
	137447578	Rahu	Yama 12:42PM – 2:13PM	Ayushman Until 2:33PM	<b>Muruga:</b> Clear	Sunset: 6:45PM	Moon 2 - Phase 46 - 21
Creative Work	Siddha Yoga	5:14PM – 6:45PM	Visti Until 7:11AM	<b>Nataraja:</b> Clear		Ashtami	
			<b>Ashtami* Until 7:23PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
				Phalguna*Panguni			

<b>7</b>	<b>Monday, March 18, 2024</b>		Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Indu Vasara Yuktayam				Nairobi, Kenya
			Ardra/Punarvasu Nakshatra Saubhagya/Sobhana Yoga Balava/Kaulava Karana Navamyam Titau				Sun 22 Sutra 336
	Mithuna Rasi: 14.58	Tithi 9	<b>Gulika</b> 2:13PM – 3:43PM	<b>Ardra Until 3:30PM</b>	<b>Ganesha:</b> Clear	Sunrise: 6:38AM	Sobhana 5125
	137447578	Rahu	Yama 11:11AM – 12:42PM	Saubhagya Until 2:05PM	<b>Muruga:</b> Clear	Sunset: 6:45PM	Moon 2 - Phase 46 - 22
<b>Family Home Evening</b>		8:09AM – 9:40AM	Balava Until 7:48AM	<b>Nataraja:</b> Clear		Navami	
Creative Work	Siddha Yoga		<b>Navami* Until 8:20PM</b>	Moon – Yellow		<b>Devaloka Day</b>	
Until 3:30PM				Phalguna*Panguni			
Then Creative Work - Amrita Yoga							

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

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**1****Tuesday, March 19, 2024**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Sobhana/Athiganda\* Yoga Taitila/Gara Karana Dashamyam Titau

Nairobi, Kenya

Sun 23 Sutra 337

Sobhana 5125

Moon 2 - Phase 47 - 23

4th Phase

Mithuna Rasi: 27.23 Tithi 10

148447578 **Gulika** 12:41PM - 2:12PM **Punarvasu** Until 5:39PM

Yama 9:40AM - 11:11AM

148447578 **Rahu** 3:43PM - 5:14PM**Ganesha:** Clear *Sunrise:* 6:38AM**Muruga:** Clear *Sunset:* 6:45PM**Nataraja:** Clear

Moon - Blue

Phalguna\*Panguni

**Devaloka Day**

Creative Work Siddha Yoga

**Dashami** Until 9:53PM**2****Wednesday, March 20, 2024**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam  
Pushya Nakshatra Athiganda\*/Sukarma Yoga Vanija/Visti\* Karana Ekadashyam Titau

Nairobi, Kenya

Sun 24 Sutra 338

Sobhana 5125

Moon 2 - Phase 47 - 24

4th Phase

Kataka Rasi: 9.34 Tithi 11

148447578 **Gulika** 11:10AM - 12:41PM **Pushya** Until 8:07PM

Yama 8:09AM - 9:39AM

148447578 **Rahu** 12:41PM - 2:12PM**Ganesha:** Clear *Sunrise:* 6:38AM**Muruga:** Clear *Sunset:* 6:44PM**Nataraja:** Clear

Moon - Blue

Phalguna\*Panguni

**Devaloka Day**

Creative Work Siddha Yoga

**Ekadashi** Until 11:53PM**3****Thursday, March 21, 2024**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam  
Ashlesha\* Nakshatra Sukarma/Dhriti Yoga Bava/Balava Karana Dvadashyam Titau

Nairobi, Kenya

Sun 25 Sutra 339

Sobhana 5125

Moon 2 - Phase 47 - 25

4th Phase

Kataka Rasi: 21.35 Tithi 12

148447578 **Gulika** 9:39AM - 11:10AM **Ashlesha\*** Until 10:44PM

Yama 6:38AM - 8:08AM

148447578 **Rahu** 2:12PM - 3:42PM**Ganesha:** Clear *Sunrise:* 6:38AM**Muruga:** Clear *Sunset:* 6:44PM**Nataraja:** Clear

Moon - Blue

Phalguna\*Panguni

**Devaloka Day**

Creative Work Siddha Yoga

**Dvadashi** Until 2:13AM Fri

Until 10:44PM

**Yogaswami Mahasamadhi**

Then Creative Work - Amrita Yoga

**4****Friday, March 22, 2024**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam  
Magha\* Nakshatra Dhriti/Shula\* Yoga Kaulava/Taitila Karana Trayodashyam Titau

Nairobi, Kenya

Sun 26 Sutra 340

Sobhana 5125

Moon 2 - Phase 47 - 26

4th Phase

Simha Rasi: 3.3 Tithi 13

158447578 **Gulika** 8:08AM - 9:39AM **Magha\*** Until 1:54AM Sat

Yama 3:42PM - 5:13PM

158447578 **Rahu** 11:10AM - 12:41PM**Ganesha:** Purple *Sunrise:* 6:37AM**Muruga:** Clear *Sunset:* 6:44PM**Nataraja:** Clear

Moon - Red

Phalguna\*Panguni

**Sivaloka Day**

Routine Work Marana Yoga

**Trayodashi** Until 4:46AM Sat

Until 1:54AM Sat

Then Creative Work - Siddha Yoga

*Pradosha Vrata***5****Saturday, March 23, 2024**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Manta Vasara Yuktayam  
Purvaphalguni Nakshatra Shula\*/Ganda\* Yoga Gara Karana Chaturdashyam Titau

Nairobi, Kenya

Sun 27 Sutra 341

Sobhana 5125

Moon 2 - Phase 47 - 27

4th Phase

Simha Rasi: 15.2 Tithi 14

158447578 **Gulika** 6:37AM - 8:08AM **Purvaphalguni** Until 5:00AM Sun

Yama 2:11PM - 3:42PM

158447578 **Rahu** 9:39AM - 11:09AM**Ganesha:** Purple *Sunrise:* 6:37AM**Muruga:** Clear *Sunset:* 6:43PM**Nataraja:** Clear

Moon - Red

Phalguna\*Panguni

**Sivaloka Day**

Creative Work Siddha Yoga

**Chaturdashi\*** Until 7:23AM Sun

Until 5:00AM Sun

Then Creative Work - Amrita Yoga

**Sunday, March 24, 2024****Copper Retreat Star**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Bhanu Vasara Yuktayam  
Uttaraphalguni Nakshatra Ganda\* Yoga Vanija/Visti\* Karana Chaturdashi/Purnimayam Titau

Nairobi, Kenya

Sutra 342

Sobhana 5125

Moon 2 - Phase 47 -

Purnima

Simha Rasi: 27.09 Tithi 14 - 15

158447578 **Gulika** 3:41PM - 5:12PM **Uttaraphalguni** Until 7:55AM Mon

Yama 12:40PM - 2:11PM

158447578 **Rahu** 5:12PM - 6:43PM**Ganesha:** Purple *Sunrise:* 6:37AM**Muruga:** Clear *Sunset:* 6:43PM**Nataraja:** Clear

Moon - Red

Phalguna\*Panguni

**Sivaloka Day**

Creative Work Amrita Yoga

**Panguni Uttiram****Chaturdashi\*** Until 7:23AM

Until 7:55AM Mon

Then Creative Work - Siddha Yoga

**Holi****Monday, March 25, 2024****Silver Retreat Star**Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Uttaraphalguni/Hasta Nakshatra Vriddhi Yoga Bava/Balava Karana Purnima/Prathamayam Titau

Nairobi, Kenya

Sutra 343

Sobhana 5125

Moon 2 - Phase 47 -

Prathama

Kanya Rasi: 8.58 Tithi 15 - 16

158447578 **Gulika** 2:10PM - 3:41PM **Uttaraphalguni** Until 7:55AM

Yama 11:09AM - 12:40PM

158447578 **Rahu** 8:07AM - 9:38AM**Ganesha:** Purple *Sunrise:* 6:37AM**Muruga:** Clear *Sunset:* 6:43PM**Nataraja:** Clear

Moon - Red

Phalguna\*Panguni

**Sivaloka Day**

Creative Work Siddha Yoga

**Purnima\*** Until 9:59AM**Family Home Evening**

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 Nairobi, Kenya on 1/25/22

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Tuesday, March 26, 2024

Gold Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Hasta/Chitra Nakshatra Dhruva Yoga Kaulava/Taitila Karana Prathama/Dvitiyayam Titau

Nairobi, Kenya

Sutra 344

Sobhana 5125

Moon 3 - Phase 48 -

1st Phase

Kanya Rasi: 20.5 Tithi 16 - 17

169447578

Gulika

12:39PM - 2:10PM

Yama

9:38AM - 11:09AM

Rahu

3:41PM - 5:12PM

Hasta Until 11:02AM

Dhruva Until 7:45PM

Taitila Until 1:35AM Wed

Prathama\* Until 12:26PM

Ganesha: Purple

Sunrise: 6:36AM

Muruga: Clear

Sunset: 6:42PM

Nataraja: Clear

Moon - Green

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

1

Wednesday, March 27, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Chitra/Svati Nakshatra Vyaghata\* Yoga Gara/Vanija Karana Dvitiya/Tritiyayam Titau

Nairobi, Kenya

Sun 1 Sutra 345

Sobhana 5125

Moon 3 - Phase 48 - 1

1st Phase

Tula Rasi: 2.46 Tithi 17 - 18

169447578

Gulika

11:08AM - 12:39PM

Yama

8:07AM - 9:37AM

Rahu

12:39PM - 2:10PM

Chitra Until 1:45PM

Vyaghata\* Until 8:22PM

Vanija Until 3:38AM Thu

Dvitiya Until 2:38PM

Ganesha: Purple

Sunrise: 6:36AM

Muruga: Clear

Sunset: 6:42PM

Nataraja: Clear

Moon - Green

Bhuloka Day

Devaloka Time: 3:PM to 6:PM

Creative Work Siddha Yoga

2

Thursday, March 28, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Svati/Vishakha Nakshatra Harshana Yoga Visti\*/Bava Karana Tritiya/Chatrthyam Titau

Nairobi, Kenya

Sun 2 Sutra 346

Sobhana 5125

Moon 3 - Phase 48 - 2

1st Phase

Tula Rasi: 14.5 Tithi 18 - 19

169547578

Gulika

9:37AM - 11:08AM

Yama

6:36AM - 8:06AM

Rahu

2:09PM - 3:40PM

Svati Until 3:59PM

Harshana Until 8:43PM

Bava Until 5:17AM Fri

Tritiya Until 4:29PM

Ganesha: Clear

Sunrise: 6:36AM

Muruga: Clear

Sunset: 6:42PM

Nataraja: Clear

Moon - Green

Devaloka Day

Phalguna\*Panguni

Creative Work Amrita Yoga

Until 3:59PM

Then Creative Work - Siddha Yoga

3

Friday, March 29, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Vishakha Nakshatra Vajra\* Yoga Balava/Kaulava Karana Chatrthi/Panchamyam Titau

Nairobi, Kenya

Sun 3 Sutra 347

Sobhana 5125

Moon 3 - Phase 48 - 3

1st Phase

Tula Rasi: 27.04 Tithi 19 - 20

179547578

Gulika

8:06AM - 9:37AM

Yama

3:40PM - 5:11PM

Rahu

11:08AM - 12:38PM

Vishakha Until 6:07PM

Vajra\* Until 8:42PM

Kaulava Until 6:27AM Sat

Chatrthi\* Until 5:54PM

Ganesha: White

Sunrise: 6:35AM

Muruga: Clear

Sunset: 6:41PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna\*Panguni

Creative Work Siddha Yoga

4

Saturday, March 30, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Anuradha Nakshatra Siddhi Yoga Kaulava/Taitila Karana Panchamyam Titau

Nairobi, Kenya

Sun 4 Sutra 348

Sobhana 5125

Moon 3 - Phase 48 - 4

1st Phase

Vrischika Rasi: 9.3 Tithi 20

179547578

Gulika

6:35AM - 8:06AM

Yama

2:09PM - 3:40PM

Rahu

9:37AM - 11:07AM

Anuradha Until 7:36PM

Siddhi Until 8:17PM

Kaulava Until 6:27AM

Panchami Until 6:48PM

Ganesha: White

Sunrise: 6:35AM

Muruga: Clear

Sunset: 6:41PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna\*Panguni

Creative Work Siddha Yoga

5

Sunday, March 31, 2024

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

Nairobi, Kenya

Sun 5 Sutra 349

Sobhana 5125

Moon 3 - Phase 48 - 5

1st Phase

Vrischika Rasi: 22.11 Tithi 21

179547578

Gulika

3:39PM - 5:10PM

Yama

12:38PM - 2:09PM

Rahu

5:10PM - 6:41PM

Jyeshtha\* Until 8:21PM

Vyatipata\* Until 7:26PM

Gara Until 7:03AM

Shashthi\* Until 7:06PM

Ganesha: White

Sunrise: 6:35AM

Muruga: Clear

Sunset: 6:41PM

Nataraja: Clear

Moon - Orange

Sivaloka Day

Phalguna\*Panguni

Routine Work Marana Yoga

Until 8:21PM

Then Creative Work - Amrita Yoga

6

Monday, April 1, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Mula\* Nakshatra Varyan Yoga Visti\*/Bava Karana Saptamyam Titau

Nairobi, Kenya

Sun 6 Sutra 350

Sobhana 5125

Moon 3 - Phase 48 - 6

1st Phase

Dhanus Rasi: 5.1 Tithi 22

189547578

Gulika

2:09PM - 3:39PM

Yama

11:07AM - 12:38PM

Rahu

8:06AM - 9:36AM

Mula\* Until 8:46PM

Varyan Until 6:02PM

Visti Until 7:02AM

Saptami Until 6:46PM

Ganesha: Yellow

Sunrise: 6:35AM

Muruga: Clear

Sunset: 6:41PM

Nataraja: Clear

Moon - Light Blue

Devaloka Day

Phalguna\*Panguni

Creative Work Siddha Yoga

Until 8:46PM

Then Routine Work - Marana Yoga



Tuesday, April 2, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Mangala Vasara Yuktayam  
Purvashadha\* Nakshatra Parigha\*/Shiva Yoga Balava/Taitila Karana Ashtami/Navamyam Titau

Nairobi, Kenya

Sun 7 Sutra 351

Sobhana 5125

Moon 3 - Phase 48 - 7

Ashtami

Dhanus Rasi: 18.29 Tithi 23 - 24

181547578

Gulika

12:37PM - 2:08PM

Yama

9:36AM - 11:07AM

Rahu

3:39PM - 5:10PM

Purvashadha\* Until 8:22PM

Parigha\* Until 4:07PM

Balava Until 6:21AM

Ashtami\* Until 5:44PM

Ganesha: Yellow

Sunrise: 6:35AM

Muruga: Clear

Sunset: 6:40PM

Nataraja: Clear

Moon - Light Blue

Devaloka Day

Phalguna\*Panguni

Creative Work Siddha Yoga

Until 8:22PM

Then Routine Work - Prabararishta Yoga

Wednesday, April 3, 2024

Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Budha Vasara Yuktayam  
Uttarashadha Nakshatra Shiva/Siddha Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Nairobi, Kenya

Sun 8 Sutra 352

Sobhana 5125

Moon 3 - Phase 48 - 8

Navami

Makara Rasi: 2.12 Tithi 24 - 25

181547578

Gulika

11:06AM - 12:37PM

Yama

8:05AM - 9:36AM

Rahu

12:37PM - 2:08PM

Uttarashadha Until 7:12PM

Shiva Until 1:42PM

Vanija Until 3:01AM Thu

Navami\* Until 4:04PM

Ganesha: Yellow

Sunrise: 6:34AM

Muruga: Clear

Sunset: 6:40PM

Nataraja: Clear

Moon - Light Blue

Devaloka Day

Phalguna\*Panguni

Creative Work Amrita Yoga

Until 7:12PM

Then Creative Work - Siddha Yoga

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

All times are standard time. Calculated for Nairobi, Kenya on 1/25/22

www.gurudeva.org/panchang

# 1

## Thursday, April 4, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Guru Vasara Yuktayam  
Shravana/Dhanishtha Nakshatra Siddha/Sadhya Yoga Visti\*/Bava Karana Dashami/Ekadashyam Titau

Nairobi, Kenya

Sun 9 Sutra 353

Makara Rasi: 16.18 Tithi 25 – 26

**Gulika** 9:36AM – 11:06AM

**Shravana** Until 5:43PM

**Ganesha:** Blue *Sunrise:* 6:34AM

Sobhana 5125

191547578 **Rahu** 2:08PM – 3:38PM

**Yama** 6:34AM – 8:05AM

**Siddha** Until 10:46AM

**Muruga:** Clear *Sunset:* 6:40PM

Moon 3 - Phase 49 - 9

Creative Work Siddha Yoga

**Bava** Until 12:29AM Fri

**Nataraja:** Clear

2nd Phase

Moon – Purple

**Sivaloka Day**

Phalguna\*Panguni

# 2

## Friday, April 5, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Sukra Vasara Yuktayam  
Dhanishtha/Shatabhishak Nakshatra Sadhya/Subha Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau

Nairobi, Kenya

Sun 10 Sutra 354

Kumbha Rasi: 0.46 Tithi 26 – 27

**Gulika** 8:05AM – 9:35AM

**Dhanishtha** Until 3:37PM

**Ganesha:** Blue *Sunrise:* 6:34AM

Sobhana 5125

**Yama** 3:38PM – 5:09PM

**Sadhya** Until 7:25AM

**Muruga:** Clear *Sunset:* 6:39PM

Moon 3 - Phase 49 - 10

Creative Work Siddha Yoga

191547578 **Rahu** 11:06AM – 12:37PM

**Kaulava** Until 9:29PM

**Nataraja:** Clear

2nd Phase

**Ekadashi\*** Until 11:01AM

Moon – Purple

**Sivaloka Day**

Phalguna\*Panguni

# 3

## Saturday, April 6, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Manta Vasara Yuktayam  
Shatabhishak/Purvaproshtapada\* Nakshatra Sukla Yoga Tailala/Gara Karana Dvadashi/Trayodashyam Titau

Nairobi, Kenya

Sun 11 Sutra 355

Kumbha Rasi: 15.32 Tithi 27 – 28

**Gulika** 6:34AM – 8:04AM

**Shatabhishak** Until 1:00PM

**Ganesha:** Blue *Sunrise:* 6:34AM

Sobhana 5125

**Yama** 2:07PM – 3:38PM

**Sukla** Until 11:47PM

**Muruga:** Clear *Sunset:* 6:39PM

Moon 3 - Phase 49 - 11

Creative Work Amrita Yoga

191547578 **Rahu** 9:35AM – 11:06AM

**Gara** Until 6:09PM

**Nataraja:** Clear

2nd Phase

**Dvadashi\*** Until 7:50AM

Moon – Purple

**Sivaloka Day**

Phalguna\*Panguni

*Pradosha Vrata (Fasting)*

# 4

## Sunday, April 7, 2024

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Bhanu Vasara Yuktayam  
Purvaproshtapada\*/Uttaraproshtapada Nakshatra Brahma Yoga Visti\*/Sakuni\* Karana Chaturdashyam Titau

Nairobi, Kenya

Sun 12 Sutra 356

Meena Rasi: 0.32 Tithi 29

**Gulika** 3:37PM – 5:08PM

**Purvaproshtapada\*** Until 10:27AM

**Ganesha:** Red *Sunrise:* 6:33AM

Sobhana 5125

**Yama** 12:36PM – 2:07PM

**Brahma** Until 7:44PM

**Muruga:** Clear *Sunset:* 6:39PM

Moon 3 - Phase 49 - 12

Creative Work Siddha Yoga

111547578 **Rahu** 5:08PM – 6:39PM

**Visti** Until 2:38PM

**Nataraja:** Clear

2nd Phase

**Chaturdashi\*** Until 12:51AM Mon

Moon – Clear

**Devaloka Day**

Phalguna\*Panguni

Until 10:27AM

Then Creative Work - Amrita Yoga



## Monday, April 8, 2024

### Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Krishna Pakshe Indu Vasara Yuktayam  
Uttaraproshtapada/Revati Nakshatra Indra/Vaidhriti\* Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau

Nairobi, Kenya

Sun 13 Sutra 357

Meena Rasi: 16 Tithi 30

**Gulika** 2:06PM – 3:37PM

**Uttaraproshtapada** Until 7:41AM

**Ganesha:** Red *Sunrise:* 6:33AM

Sobhana 5125

**Yama** 11:05AM – 12:36PM

**Indra** Until 3:42PM

**Muruga:** Clear *Sunset:* 6:38PM

Moon 3 - Phase 49 - 13

**Family Home Evening**

111547578 **Rahu** 8:04AM – 9:34AM

**Catuspada** Until 11:05AM

**Nataraja:** Clear

Amavasya

**Amavasya\*** Until 9:20PM

Moon – Clear

**Devaloka Day**

Phalguna\*Panguni

Creative Work Siddha Yoga

## Tuesday, April 9, 2024

### Retreat Star

Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Mangala Vasara Yuktayam  
Ashvini Nakshatra Vaidhriti\*/Vishkambha\* Yoga Kintughna\*/Bava Karana Prathamayam Titau

Nairobi, Kenya

Sun 14 Sutra 358

Mesha Rasi: 0.37 Tithi 1

**Gulika** 12:35PM – 2:06PM

**Ashvini** Until 2:35AM Wed

**Ganesha:** Yellow *Sunrise:* 6:33AM

Sobhana 5125

**Yama** 9:34AM – 11:05AM

**Vaidhriti\*** Until 11:45AM

**Muruga:** Clear *Sunset:* 6:38PM

Moon 3 - Phase 49 - 14

Creative Work Siddha Yoga

121547578 **Rahu** 3:37PM – 5:07PM

**Kintughna** Until 7:39AM

**Nataraja:** Clear

Prathama

**Prathama\*** Until 6:00PM

Moon – White

**Devaloka Day**

Chaitra\*Panguni

Chellappaswami Mahasamadhi

<b>1</b>	<b>Wednesday, April 10, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Budha Vasara Yuktayam Bharani Nakshatra Vishkambha*Priti Yoga Kaulava/Taitila Karana Dvitiya/Tritiyam Titau			Nairobi, Kenya Sun 15 Sutra 359 Sobhana 5125
	Mesha Rasi: 15.25 Tithi 2 – 3	<b>Gulika</b> 11:05AM – 12:35PM Yama 8:03AM – 9:34AM 121547578 <b>Rahu</b> 12:35PM – 2:06PM	<b>Bharani Until 12:34AM Thu</b> Vishkambha* Until 8:05AM Taitila Until 1:44AM Thu <b>Dvitiya Until 3:02PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:33AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:38PM <b>Nataraja:</b> Clear Moon – White <b>Chaitra*Panguni</b>	Moon 3 - Phase 50 - 15 3rd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga Until 12:34AM Thu Then Routine Work - Marana Yoga				

<b>2</b>	<b>Thursday, April 11, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Guru Vasara Yuktayam Krittika Nakshatra Ayushman Yoga Gara/Vanija Karana Tritiya/Chatrthyam Titau			Nairobi, Kenya Sun 16 Sutra 360 Sobhana 5125
	Mesha Rasi: 29.54 Tithi 3 – 4	<b>Gulika</b> 9:34AM – 11:04AM Yama 6:32AM – 8:03AM 121547578 <b>Rahu</b> 2:06PM – 3:36PM	<b>Krittika Until 10:58PM</b> Ayushman Until 1:57AM Fri Vanija Until 11:34PM <b>Tritiya Until 12:33PM</b>	<b>Ganesha:</b> Yellow <i>Sunrise:</i> 6:32AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:38PM <b>Nataraja:</b> Clear Moon – White <b>Chaitra*Panguni</b>	Moon 3 - Phase 50 - 16 3rd Phase <b>Devaloka Day</b>
	Routine Work Marana Yoga				

<b>3</b>	<b>Friday, April 12, 2024</b>	Sobhana Nama Samvatsare Utarayane Moksha Ritau Meena Mase Sukla Pakshe Sukra Vasara Yuktayam Rohini Nakshatra Saubhagya Yoga Visti*/Bava Karana Chaturthi/Panchamyam Titau			Nairobi, Kenya Sun 17 Sutra 361 Sobhana 5125
	Vrishabha Rasi: 13.59 Tithi 4 – 5	<b>Gulika</b> 8:03AM – 9:33AM Yama 3:36PM – 5:07PM 131547578 <b>Rahu</b> 11:04AM – 12:35PM	<b>Rohini Until 10:20PM</b> Saubhagya Until 11:41PM Bava Until 10:04PM <b>Chaturthi* Until 10:42AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:32AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:37PM <b>Nataraja:</b> Clear Moon – Yellow <b>Chaitra*Panguni</b>	Moon 3 - Phase 50 - 17 3rd Phase <b>Sivaloka Day</b>
	Routine Work Marana Yoga Until 10:20PM Then Creative Work - Siddha Yoga				

<b>4</b>	<b>Saturday, April 13, 2024</b>	Sobhana Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Mrigashira Nakshatra Sobhana Yoga Balava/Kaulava Karana Panchami/Shashthyam Titau			Nairobi, Kenya Sun 18 Sutra 362 Sobhana 5125
	Vrishabha Rasi: 27.38 Tithi 5 – 6	<b>Gulika</b> 6:32AM – 8:03AM Yama 2:05PM – 3:36PM 132547578 <b>Rahu</b> 9:33AM – 11:04AM	<b>Mrigashira Until 10:19PM</b> Sobhana Until 10:04PM Kaulava Until 9:20PM <b>Panchami Until 9:35AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:32AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:37PM <b>Nataraja:</b> Clear Moon – Yellow <b>Chaitra*Chaitra</b>	Moon 3 - Phase 50 - 18 3rd Phase <b>Devaloka Day</b>
	Creative Work Siddha Yoga				

<b>5</b>	<b>Sunday, April 14, 2024</b>	Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Ardra Nakshatra Athiganda* Yoga Taitila/Gara Karana Shashthi/Saptamyam Titau			Nairobi, Kenya Sun 19 Sutra 363 Krodhin 5126
	Mithuna Rasi: 10.5 Tithi 6 – 7	<b>Gulika</b> 3:35PM – 5:06PM Yama 12:34PM – 2:05PM 232547578 <b>Rahu</b> 5:06PM – 6:37PM	<b>Ardra Until 10:56PM</b> Athiganda* Until 9:02PM Gara Until 9:25PM <b>Shashthi* Until 9:16AM</b>	<b>Ganesha:</b> White <i>Sunrise:</i> 6:32AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:37PM <b>Nataraja:</b> Clear Moon – Yellow <b>Chaitra*Chaitra</b>	Moon 3 - Phase 50 - 19 3rd Phase <b>Bhuloka Day</b> <b>Devaloka Time: 3:PM to 6:PM</b>
	Creative Work Siddha Yoga <b>Tamil New Year</b>				

<b>D</b>	<b>Monday, April 15, 2024</b>	Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Punarvasu Nakshatra Sukarma Yoga Vanija/Visti* Karana Saptami/Ashtamyam Titau			Nairobi, Kenya Sun 20 Sutra 364 Krodhin 5126
	<b>Retreat Star</b> Mithuna Rasi: 23.38 Tithi 7 – 8 <b>Family Home Evening</b> Creative Work Amrita Yoga Until 12:36AM Tue Then Creative Work - Siddha Yoga	<b>Gulika</b> 2:05PM – 3:35PM Yama 11:03AM – 12:34PM 242547578 <b>Rahu</b> 8:02AM – 9:33AM	<b>Punarvasu Until 12:36AM Tue</b> Sukarma Until 8:38PM Visti Until 10:16PM <b>Saptami Until 9:44AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:31AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:36PM <b>Nataraja:</b> Clear Moon – Blue <b>Chaitra*Chaitra</b>	Moon 3 - Phase 50 - 20 Ashtami <b>Devaloka Day</b>

	<b>Tuesday, April 16, 2024</b>	Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Pushya Nakshatra Dhriti Yoga Bava/Balava Karana Ashtami/Navamyam Titau			Nairobi, Kenya Sun 21 Sutra 1 Krodhin 5126
	<b>Retreat Star</b> Kataka Rasi: 6.06 Tithi 8 – 9	<b>Gulika</b> 12:34PM – 2:04PM Yama 9:32AM – 11:03AM 242547578 <b>Rahu</b> 3:35PM – 5:06PM	<b>Pushya Until 2:45AM Wed</b> Dhriti Until 8:46PM Balava Until 11:47PM <b>Ashtami* Until 10:56AM</b>	<b>Ganesha:</b> Clear <i>Sunrise:</i> 6:31AM <b>Muruga:</b> Clear <i>Sunset:</i> 6:36PM <b>Nataraja:</b> Clear Moon – Blue <b>Chaitra*Chaitra</b>	Moon 3 - Phase 50 - 21 Navami <b>Devaloka Day</b>
	Creative Work Siddha Yoga <b>Sri Rama Navami</b>				

<b>1</b>	<b>Wednesday, April 17, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Budha Vasara Yuktayam Ashlesha* Nakshatra Shula* Yoga Kaulava/Taitila Karana Navami/Dashamyam Titau				Nairobi, Kenya Sun 22
	Kataka Rasi: 18.17	Tithi 9 – 10	<b>Gulika</b> 11:03AM – 12:33PM	<b>Ashlesha* Until 5:15AM Thu</b>	<b>Ganesha:</b> Clear	<i>Sunrise:</i> 6:31AM	Krodhin 5126
	242547578	<b>Rahu</b> 12:33PM – 2:04PM	Yama 8:02AM – 9:32AM	Shula* Until 9:18PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 1 - 22 4th Phase
Creative Work Siddha Yoga		Until 5:15AM Thu		Moon – Blue		<b>Devaloka Day</b>	
Then Creative Work - Amrita Yoga		Navami* Until 12:45PM		Chaitra*Chaitra			


<b>2</b>	<b>Thursday, April 18, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Guru Vasara Yuktayam Magha* Nakshatra Ganda* Yoga Gara/Vanija Karana Dashami/Ekadashyam Titau				Nairobi, Kenya Sun 23
	Simha Rasi: 0.17	Tithi 10 – 11	<b>Gulika</b> 9:32AM – 11:03AM	<b>Magha* Until 8:24AM Fri</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:31AM	Krodhin 5126
	252547578	<b>Rahu</b> 2:04PM – 3:34PM	Yama 6:31AM – 8:01AM	Ganda* Until 10:10PM	<b>Muruga:</b> Clear	<i>Sunset:</i> 6:36PM	Moon 3 - Phase 1 - 23 4th Phase
Creative Work Amrita Yoga		Until 8:24AM Fri		Moon – Red		<b>Bhuloka Day</b>	
Then Creative Work - Siddha Yoga		Dashami Until 3:01PM		Chaitra*Chaitra		<b>Devaloka Time: 3:PM to 6:PM</b>	

<b>3</b>	<b>Friday, April 19, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Sukra Vasara Yuktayam Magha*/Purvaphalguni Nakshatra Vriddhi Yoga Visti*/Bava Karana Ekadashi/Dvadashyam Titau				Nairobi, Kenya Sun 24
	Simha Rasi: 12.08	Tithi 11 – 12	<b>Gulika</b> 8:01AM – 9:32AM	<b>Magha* Until 8:24AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:31AM	Krodhin 5126
	252557578	<b>Rahu</b> 11:02AM – 12:33PM	Yama 3:34PM – 5:05PM	Vriddhi Until 11:12PM	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 1 - 24 4th Phase
Routine Work Marana Yoga		Until 8:24AM		Moon – Red		<b>Devaloka Day</b>	
Then Creative Work - Siddha Yoga		Ekadashi Until 5:33PM		Chaitra*Chaitra			

<b>4</b>	<b>Saturday, April 20, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Manta Vasara Yuktayam Purvaphalguni/Uttaraphalguni Nakshatra Dhruva Yoga Bava/Balava Karana Dvadashyam Titau				Nairobi, Kenya Sun 25
	Simha Rasi: 23.56	Tithi 12	<b>Gulika</b> 6:30AM – 8:01AM	<b>Purvaphalguni Until 11:31AM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:30AM	Krodhin 5126
	252557578	<b>Rahu</b> 9:32AM – 11:02AM	Yama 2:03PM – 3:34PM	Dhruva Until 12:14AM Sun	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 1 - 25 4th Phase
Creative Work Siddha Yoga		Until 11:31AM		Moon – Red		<b>Devaloka Day</b>	
Then Routine Work - Marana Yoga		Bava Until 6:53AM		Chaitra*Chaitra			
		Dvadashi Until 8:10PM					

<b>5</b>	<b>Sunday, April 21, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Bhanu Vasara Yuktayam Uttaraphalguni/Hasta Nakshatra Vyaghata* Yoga Kaulava/Taitila Karana Trayodashyam Titau				Nairobi, Kenya Sun 26
	Kanya Rasi: 5.45	Tithi 13	<b>Gulika</b> 3:34PM – 5:04PM	<b>Uttaraphalguni Until 2:26PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:30AM	Krodhin 5126
	252557578	<b>Rahu</b> 5:04PM – 6:35PM	Yama 12:33PM – 3:03PM	Vyaghata* Until 1:11AM Mon	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 1 - 26 4th Phase
Creative Work Amrita Yoga		Until 10:41PM		Moon – Red		<b>Devaloka Day</b>	
		Trayodashi Until 10:41PM		Chaitra*Chaitra			
		Pradosha Vrata					

<b>6</b>	<b>Monday, April 22, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Indu Vasara Yuktayam Hasta/Chitra Nakshatra Harshana Yoga Gara/Vanija Karana Chaturdashyam Titau				Nairobi, Kenya Sun 27
	Kanya Rasi: 17.37	Tithi 14	<b>Gulika</b> 2:03PM – 3:34PM	<b>Hasta Until 5:29PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:30AM	Krodhin 5126
	262657578	<b>Rahu</b> 8:01AM – 9:31AM	Yama 11:02AM – 12:32PM	Harshana Until 1:58AM Tue	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 1 - 27 4th Phase
Family Home Evening		Until 5:29PM		Moon – Green		<b>Subha Sivaloka Day</b>	
Then Routine Work - Prabalarishta Yoga		Gara Until 11:53AM		Chaitra*Chaitra			
		Chaturdashi* Until 12:57AM Tue					

	<b>Tuesday, April 23, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Sukla Pakshe Mangala Vasara Yuktayam Chitra Nakshatra Vajra* Yoga Visti*/Bava Karana Purnimayam Titau				Nairobi, Kenya Sutra 8
	Kanya Rasi: 29.35	Tithi 15	<b>Gulika</b> 12:32PM – 2:03PM	<b>Chitra Until 8:02PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:30AM	Krodhin 5126
	262657578	<b>Rahu</b> 3:33PM – 5:04PM	Yama 9:31AM – 11:02AM	Vajra* Until 2:26AM Wed	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:35PM	Moon 3 - Phase 1 - Purnima
Creative Work Siddha Yoga		Until 2:51AM Wed		Moon – Green		<b>Subha Sivaloka Day</b>	
		Purnima* Until 2:51AM Wed		Chaitra*Chaitra			
		Chitra Purnima (Tamil Nadu) Hanuman Jayanti					

<b>○</b>	<b>Wednesday, April 24, 2024</b>		Krodhin Nama Samvatsare Utarayane Nartana Ritau Mesha Mase Krishna Pakshe Budha Vasara Yuktayam Svati Nakshatra Siddhi Yoga Balava/Kaulava Karana Prathamayam Titau				Nairobi, Kenya Sutra 9
	Tula Rasi: 11.42	Tithi 16	<b>Gulika</b> 11:01AM – 12:32PM	<b>Svati Until 10:02PM</b>	<b>Ganesha:</b> Purple	<i>Sunrise:</i> 6:30AM	Krodhin 5126
	262657579	<b>Rahu</b> 12:32PM – 2:03PM	Yama 8:00AM – 9:31AM	Siddhi Until 2:35AM Thu	<b>Muruga:</b> Purple	<i>Sunset:</i> 6:34PM	Moon 3 - Phase 1 - Prathama
Creative Work Siddha Yoga		Until 4:19AM Thu		Moon – Green		<b>Subha Subha Sivaloka Day</b>	
		Prathama* Until 4:19AM Thu		Chaitra*Chaitra			