

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

Tula Rasi: 16.4 Tithi 17  
**Family Home Evening**  
 Creative Work Amrita Yoga  
 Until 12:34PM  
 Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Indu Vasara Yuktyam Memphis, TN  
 Svali/Vishakha Nakshatra Vajra 7 Siddhi Yoga Talila/Gara Karana Divlyayam Tilau Sutra 1  
**Gulika** 1:38PM - 3:16PM **Svali Until 12:34PM** **Ganesha:** Yellow Sunrise: 5:30AM Vasoosau 5:127  
**Yama** 10:23AM - 12:01PM **Vajra\* Until 11:07AM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 -  
**Rahu** 7:07AM - 8:45AM **Tailila Until 10:16AM** **Nataraja:** Clear 1st Phase  
**Tamil New Year** **Dvitiya Until 11:28PM** **Chaitra-Chaitra** **Devaloka Day**

**1 Tuesday, April 15, 2025**

Tula Rasi: 28.32 Tithi 18  
**Routine Work** Marana Yoga  
 Until 3:40PM  
 Then Creative Work - Siddha Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Mangala Vasara Yuktyam Memphis, TN  
 Vishakha/Anuradha Nakshatra Siddhi/Vyaptipa\* Yoga Vanja/Visi\* Karana Trityayam Tilau Sun 1 Sutra 2  
**Gulika** 12:00PM - 1:38PM **Vishakha Until 3:40PM** **Ganesha:** Blue Sunrise: 5:28AM Vasoosau 5:127  
**Yama** 8:44AM - 10:22AM **Siddhi Until 12:01PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 1  
**Rahu** 3:17PM - 4:55PM **Vanja Until 12:41PM** **Nataraja:** Clear 1st Phase  
**Trityiya Until 1:49AM Wed** **Chaitra-Chaitra** **Devaloka Day**  
 Devaloka Time: 3PM to 6PM

**2 Wednesday, April 16, 2025**

Vishka Rasi: 10.27 Tithi 19  
**Creative Work** Siddha Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Butha Vasara Yuktyam Memphis, TN  
 Anuradha Nakshatra Vyatipata\* Mariyan Yoga Bava/Balava Karana Chaturthayam Tilau Sun 2 Sutra 3  
**Gulika** 10:22AM - 12:00PM **Anuradha Until 6:24PM** **Ganesha:** Blue Sunrise: 5:27AM Vasoosau 5:127  
**Yama** 7:05AM - 8:44AM **Vyaptipata\* Until 12:47PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 2  
**Rahu** 12:00PM - 1:39PM **Bava Until 2:55PM** **Nataraja:** Clear 1st Phase  
**Chaturthi\* Until 3:54AM Thu** **Chaitra-Chaitra** **Devaloka Day**  
 Devaloka Time: 3PM to 6PM

**3 Thursday, April 17, 2025**

Vishka Rasi: 22.29 Tithi 20  
**Routine Work** Prabaralishtha Yoga  
 Until 8:40PM  
 Then Creative Work - Siddha Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Guru Vasara Yuktyam Memphis, TN  
 Jyeshtha\* Nakshatra Parigha\* Yoga Kaulava/Tailila Karana Panchmayam Tilau Sun 3 Sutra 4  
**Gulika** 8:43AM - 10:21AM **Jyeshtha\* Until 8:40PM** **Ganesha:** Blue Sunrise: 5:26AM Vasoosau 5:127  
**Yama** 5:26AM - 7:04AM **Variyan Until 1:17PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 3  
**Rahu** 1:39PM - 3:17PM **Kaulava Until 4:51PM** **Nataraja:** Clear 1st Phase  
**Panchami Until 5:39AM Fri** **Chaitra-Chaitra** **Devaloka Day**  
 Devaloka Time: 3PM to 6PM

**4 Friday, April 18, 2025**

Dhanus Rasi: 4.4 Tithi 21  
**Creative Work** Amrita Yoga  
 Until 10:51PM  
 Then Routine Work - Prabaralishtha Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Sukra Vasara Yuktyam Memphis, TN  
 Mula\* Nakshatra Parigha\* Shiva Yoga Gara Karana Shashthiyam Tilau Sun 4 Sutra 5  
**Gulika** 7:03AM - 8:42AM **Mula\* Until 10:51PM** **Ganesha:** Red Sunrise: 5:25AM Vasoosau 5:127  
**Yama** 3:17PM - 4:56PM **Parigha\* Until 1:31PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 4  
**Rahu** 10:21AM - 12:00PM **Gara Until 6:22PM** **Nataraja:** Clear 1st Phase  
**Shashthi\* Until 6:55AM Sat** **Chaitra-Chaitra** **Devaloka Day**

**5 Saturday, April 19, 2025**

Dhanus Rasi: 17.02 Tithi 21 - 22  
**Creative Work** Siddha Yoga  
 Until 12:20AM Sun  
 Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Maria Vasara Yuktyam Memphis, TN  
 Purvashadha\* Nakshatra Shiva/Siddha Yoga Vanja/Visi\* Karana Shashthi/Saptamam Tilau Sun 5 Sutra 6  
**Gulika** 5:23AM - 7:02AM **Purvashadha\* Until 12:20AM Sun** **Ganesha:** Red Sunrise: 5:23AM Vasoosau 5:127  
**Yama** 1:39PM - 3:18PM **Shiva Until 1:23PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 5  
**Rahu** 8:41AM - 10:20AM **Visi Until 7:22PM** **Nataraja:** Clear 1st Phase  
**Shashthi\* Until 6:55AM** **Chaitra-Chaitra** **Devaloka Day**

**Sunday, April 20, 2025**

**Retreat Star**  
 Dhanus Rasi: 29.4 Tithi 22 - 23  
**Creative Work** Amrita Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Bhava/Vajra Yuktyam Memphis, TN  
 Uttarashadha Nakshatra Siddha/Sadhya Yoga Bava/Balava Karana Saptami/Ashtami Trityayam Tilau Sun 6 Sutra 7  
**Gulika** 3:18PM - 4:57PM **Uttarashadha Until 1:02AM Mon** **Ganesha:** Red Sunrise: 5:22AM Vasoosau 5:127  
**Yama** 11:59AM - 1:39PM **Siddha Until 12:44PM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 6  
**Rahu** 4:57PM - 6:37PM **Balava Until 7:42PM** **Nataraja:** Clear 1st Phase  
**Saptami Until 7:36AM** **Moos - Light Blue** **Devaloka Day**  
**Chaitra-Chaitra**

**Monday, April 21, 2025**

**Retreat Star**  
 Makara Rasi: 12.37 Tithi 23 - 24  
**Family Home Evening**  
 Creative Work Amrita Yoga  
 Until 1:18AM Tue  
 Then Creative Work - Siddha Yoga

Vishvasu Nama Samvatsare Uтарыяне Нартаи Ритау Меша Месе Кришна Pakshi Indu Vasara Yuktyam Memphis, TN  
 Shravana Nakshatra Sadhya/Subha Yoga Kaulava/Tailila Karana Ashtami/Navamam Tilau Sun 7 Sutra 8  
**Gulika** 1:39PM - 3:18PM **Shravana Until 1:18AM Tue** **Ganesha:** Green Sunrise: 5:21AM Vasoosau 5:127  
**Yama** 10:20AM - 11:59AM **Sadhya Until 11:32AM** **Muruga:** Clear Sunset: 6:39PM Moon 3 - Phase 1 - 7  
**Rahu** 7:00AM - 8:40AM **Tailila Until 7:19PM** **Nataraja:** Clear 1st Phase  
**Chidambaram Abhishekam** **Ashtami\* Until 7:35AM** **Chaitra-Chaitra** **Devaloka Day**  
 Devaloka Time: 3PM to 6PM

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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| <b>1 Tuesday, April 22, 2025</b> |               | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Mangala Vasara Yukatayam<br>Dhanishtha Nakshatra Sukla/Sukla Yoga Gara/Vanija Karana Navami/Dashamyam Titau |                                     |                        |                 | Memphis, TN<br>Sun 8 Sufra 9<br>Vasava 5127 |
| Makara Rasi: 25.58               | Tithi 24 – 25 | <b>Gulika</b> 11:59AM – 1:39PM   | <b>Dhanishtha Until 12:40AM Wed</b> | <b>Ganesh:</b> Green   | Sunrise: 5:20AM |   |
|                                  |               | Yama 8:39AM – 10:19AM  | Sukha Until 9:46AM                  | Muruga: Clear          | Sunset: 6:38PM  | Moon 3 - Phase 2 - 8                        |
| Creative Work                    | Siddha Yoga   | <b>Rahu</b> 3:19PM – 4:58PM  | Vanija Until 6:10PM                 | Nataraja: Clear        |                 | 2nd Phase                                   |
|                                  |               |  | <b>Navami* Until 6:49AM</b>         | Moon - Purple          |                 |   |
|                                  |               |  |                                     | <b>Chaitra-Chaitra</b> |                 | <b>Bhuloka Day</b>                          |
|                                  |               |  |                                     |                        |                 | Devaloka Time: 3PM to 6PM                   |

|                                    |             |   |                                   |                        |                 |  |
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| <b>2 Wednesday, April 23, 2025</b> |             | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Butha Vasara Yukatayam<br>Shalabhishak Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Ekadashyam Titau |                                   |                        |                 | Memphis, TN<br>Sun 9 Sufra 10<br>Vasava 5127 |
| Kumbha Rasi: 9.46                  | Tithi 26    | <b>Gulika</b> 10:19AM – 11:59AM   | <b>Shalabhishak Until 11:10PM</b> | <b>Ganesh:</b> Green   | Sunrise: 5:18AM |  |
|                                    |             | Yama 6:58AM – 8:39AM  | Sukla Until 7:21AM                | Muruga: Clear          | Sunset: 6:39PM  | Moon 3 - Phase 2 - 9                         |
| Creative Work                      | Siddha Yoga | <b>Rahu</b> 11:59AM – 1:39PM  | Bava Until 4:16PM                 | Nataraja: Clear        |                 | 2nd Phase                                    |
| Until 11:10PM                      |             |   | <b>Ekadashi* Until 3:03AM Thu</b> | Moon - Purple          |                 |  |
| Then Creative Work - Amrita Yoga   |             |   |                                   | <b>Chaitra-Chaitra</b> |                 | <b>Bhuloka Day</b>                           |
|                                    |             |   |                                   |                        |                 | Devaloka Time: 3PM to 6PM                    |

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| <b>3 Thursday, April 24, 2025</b> |             | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Guru Visara Yukatayam<br>Puruvproshthapada Nakshatra Indra Yoga Kaulava/Tallita Karana Dvadashyam Titau |  |                        |                 | Memphis, TN<br>Sun 10 Sufra 11<br>Vasava 5127 |
| Kumbha Rasi: 24                   | Tithi 27    | <b>Gulika</b> 8:38AM – 10:18AM   | <b>Puruvproshthapada* Until 9:20PM</b> | <b>Ganesh:</b> Purple  | Sunrise: 5:17AM |   |
|                                   |             | Yama 5:17AM – 6:58AM   | Indra Until 12:57AM Fri                | Muruga: Clear          | Sunset: 6:40PM  | Moon 3 - Phase 2 - 10                         |
| Creative Work                     | Siddha Yoga | <b>Rahu</b> 1:39PM – 3:19PM  | Kaulava Until 1:43PM                   | Nataraja: Purple       |                 | 2nd Phase                                     |
|                                   |             |  | <b>Dvadashi* Until 12:13AM Fri</b>     | Moon - Clear           |                 |   |
|                                   |             |  |  | <b>Chaitra-Chaitra</b> |                 | <b>Devaloka Day</b>                           |
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| <b>4 Friday, April 25, 2025</b> |             | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Sakra Vasara Yukatayam<br>Uttarproshthapada Nakshatra Vaidhiti* Yoga Gara/Vanija Karana Trayodashyam Titau |                                       |                        |                 | Memphis, TN<br>Sun 11 Sufra 12<br>Vasava 5127 |
| Meena Rasi: 8.39                | Tithi 28    | <b>Gulika</b> 6:57AM – 8:37AM   | <b>Uttarproshthapada Until 6:52PM</b> | <b>Ganesh:</b> Purple  | Sunrise: 5:16AM |   |
|                                 |             | Yama 3:20PM – 5:00PM  | Vaidhiti* Until 9:06PM                | Muruga: Clear          | Sunset: 6:41PM  | Moon 3 - Phase 2 - 11                         |
| Creative Work                   | Siddha Yoga | <b>Rahu</b> 10:18AM – 11:58AM   | Gara Until 10:38AM                    | Nataraja: Purple       |                 | 2nd Phase                                     |
|                                 |             |   | <b>Trayodashi* Until 8:54PM</b>       | Moon - Clear           |                 |   |
|                                 |             |   |                                       | <b>Chaitra-Chaitra</b> |                 | <b>Devaloka Day</b>                           |
|                                 |             |   |                                       |                        |                 |   |

Pradosha Vata (Fasting)

|                                   |                    |  |                                  |                        |                 |   |
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| <b>5 Saturday, April 26, 2025</b> |                    | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Manta Vasara Yukatayam<br>Revati/Ashvini Nakshatra Vishkambha* Priti Yoga Vasi*/Calapada* Karana Chaturdashya/Amavasyam Titau |                                  |                        |                 | Memphis, TN<br>Sun 12 Sufra 13<br>Vasava 5127 |
| Meena Rasi: 23.38                 | Tithi 29 – 30      | <b>Gulika</b> 5:15AM – 6:56AM  | <b>Revati Until 3:56PM</b>       | <b>Ganesh:</b> Purple  | Sunrise: 5:15AM |   |
|                                   |                    | Yama 1:39PM – 3:20PM   | Vishkambha* Until 4:59PM         | Muruga: Clear          | Sunset: 6:41PM  | Moon 3 - Phase 2 - 12                         |
| Routine Work                      | Prabalarishta Yoga | <b>Rahu</b> 8:37AM – 10:17AM   | Visiti Until 7:08AM              | Nataraja: Purple       |                 | 2nd Phase                                     |
| Until 3:56PM                      |                    |  | <b>Chaturdashy* Until 5:16PM</b> | Moon - Clear           |                 |   |
| Then Creative Work - Siddha Yoga  |                    |  |                                  | <b>Chaitra-Chaitra</b> |                 | <b>Devaloka Day</b>                           |
|                                   |                    |  |                                  |                        |                 |   |

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| <b>● Sunday, April 27, 2025</b>        |              | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksha Bharu Vasara Yukatayam<br>Ashvini/Bharani Nakshatra Prithivya Naga Naga*/Kintughna* Karana Amavasya/Prathamam Titau |                               |                        |                 | Memphis, TN<br>Sun 13 Sufra 14<br>Vasava 5127 |
| <b>Retreat Star</b>                    |              | <b>Gulika</b> 3:20PM – 5:01PM  | <b>Ashvini Until 1:05PM</b>   | <b>Ganesh:</b> Orange  | Sunrise: 5:14AM |   |
| Mesha Rasi: 8.49                       | Tithi 30 – 1 | Yama 11:58AM – 1:39PM  | Priti Until 12:45PM           | Muruga: Clear          | Sunset: 6:42PM  | Moon 3 - Phase 2 - 13                         |
| Creative Work                          | Siddha Yoga  | <b>Rahu</b> 5:01PM – 6:42PM  | Kintughna Until 11:35PM       | Nataraja: Purple       |                 | Amavasya                                      |
| Until 1:05PM                           |              |  | <b>Amavasya* Until 1:29PM</b> | Moon - White           |                 |   |
| Then Routine Work - Prabalarishta Yoga |              |  |                               | <b>Chaitra-Chaitra</b> |                 | <b>Sivaloka Day</b>                           |
|  |              |  |                               |                        |                 |   |

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| <b>Monday, April 28, 2025</b>   |             | Viswasa Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksha Indu Vasara Yukatayam<br>Bharani/Kritika Nakshatra Agrostha/Saudhaga Yoga Bava/Balava Karana Prathamam/Othiyam Titau |                               |                       |                 | Memphis, TN<br>Sun 14 Sufra 15<br>Vasava 5127 |
| <b>Retreat Star</b>             |             | <b>Gulika</b> 1:39PM – 3:20PM   | <b>Bharani Until 10:06AM</b>  | <b>Ganesh:</b> Orange | Sunrise: 5:13AM |   |
| Mesha Rasi: 24.04               | Tithi 1 – 2 | Yama 10:17AM – 11:58AM  | Ayushman Until 8:30AM         | Muruga: Clear         | Sunset: 6:43PM  | Moon 3 - Phase 2 - 14                         |
| <b>Family Home Evening</b>      |             | <b>Rahu</b> 6:54AM – 8:35AM   | Balava Until 7:51PM           | Nataraja: Purple      |                 | Prathama                                      |
| Creative Work                   | Siddha Yoga |   | <b>Prathama* Until 9:41AM</b> | Moon - White          |                 |   |
| Until 10:06AM                   |             |   |                               | <b>Vasuka-Chaitra</b> |                 | <b>Sivaloka Day</b>                           |
| Then Routine Work - Marana Yoga |             |   |                               |                       |                 |   |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|--|--------------|--|--|---|---|
| <b>1 Tuesday, April 29, 2025</b>   |              | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Mangala Vasara Yuktayam<br>Kritika/Rohini Nakshatra Sobhana Yoga Kaulava/Gara Karana Dwitya/Tritiyayam Tilau |  | Sun 15  | Memphis, TN<br>Suфра 16<br>Vasavasу 5:127                               |
| Wishabha Rasi: 9:11  | Tilthi 2 - 3 | <b>Gulika</b> 11:58AM - 1:39PM<br>Yama 8:35AM - 10:16AM<br>Rahu 3:21PM - 5:02PM  | <b>Kritika Untill 7:10AM</b><br>Sobhana Untill 12:33AM Wed<br>Gara Untill 2:46AM Wed<br>Dwitya Untill 6:03AM | <b>Ganesha:</b> Orange<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - White | Sunrise: 5:12AM<br>Sunset: 6:46PM<br>Moon 3 - Phase 3 - 15<br>3rd Phase |
| Creative Work Siddha Yoga<br>Untill 7:10AM<br>Then Creative Work - Amrita Yoga |              |  |  | Sivaloka Day  |   |

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| <b>2 Wednesday, April 30, 2025</b>  |          | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Budha Vasara Yuktayam<br>Mrigashira Nakshatra Aihiganda* Yoga Vanja/Visi* Karana Chalurthayam Tilau |   | Sun 16   | Memphis, TN<br>Suфра 17<br>Vasavasу 5:127                               |
| Wishabha Rasi: 24:02  | Tilthi 4 | <b>Gulika</b> 10:16AM - 11:58AM<br>Yama 6:52AM - 8:34AM<br>Rahu 11:58AM - 1:39PM  | <b>Mrigashira Untill 2:53AM Thu</b><br>Aihiganda* Untill 9:05PM<br>Vanja Untill 1:19PM<br>Chalurthi* Untill 11:58PM | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - Yellow | Sunrise: 5:10AM<br>Sunset: 6:05PM<br>Moon 3 - Phase 3 - 16<br>3rd Phase |
| Creative Work Siddha Yoga<br>Untill 2:53AM Thu<br>Then Routine Work - Marana Yoga |          |   |   | Devaloka Day   |   |

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| <b>3 Thursday, May 1, 2025</b>  |          | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Guru Vasara Yuktayam<br>Ardra Nakshatra Sukama Yoga Bava/Balava Karana Panchamayam Tilau |   | Sun 17   | Memphis, TN<br>Suфра 18<br>Vasavasу 5:127                               |
| Mithuna Rasi: 8:31  | Tilthi 5 | <b>Gulika</b> 8:33AM - 10:15AM<br>Yama 5:09AM - 6:51AM<br>Rahu 1:39PM - 3:22PM   | <b>Ardra Untill 1:27AM Fri</b><br>Sukama Untill 6:09PM<br>Bava Untill 10:49AM<br>Panchami Untill 9:49PM | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - Yellow | Sunrise: 5:09AM<br>Sunset: 6:46PM<br>Moon 3 - Phase 3 - 17<br>3rd Phase |
| Routine Work Marana Yoga<br>Untill 1:27AM Fri<br>Then Creative Work - Siddha Yoga |          |  |   | Devaloka Day   |   |

|                              |          |   |   |   |   |
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| <b>4 Friday, May 2, 2025</b> |          | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Sukra Vasara Yuktayam<br>Punarvasu Nakshatra Dhrui/Shula* Yoga Kaulava/Taila Karana Shashthayam Tilau |   | Sun 18  | Memphis, TN<br>Suфра 19<br>Vasavasу 5:127                               |
| Mithuna Rasi: 22:31          | Tilthi 6 | <b>Gulika</b> 6:51AM - 8:33AM<br>Yama 3:22PM - 5:04PM<br>Rahu 10:15AM - 11:57AM   | <b>Punarvasu Untill 1:04AM Sat</b><br>Dhrui Untill 3:50PM<br>Kaulava Untill 9:02AM<br>Shashthi* Untill 8:24PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - Blue | Sunrise: 5:08AM<br>Sunset: 6:46PM<br>Moon 3 - Phase 3 - 18<br>3rd Phase |
| Creative Work Siddha Yoga    |          |   |   | Sivaloka Day  |   |

|                                |          |  |  |   |   |
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| <b>5 Saturday, May 3, 2025</b> |          | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Manta Vasara Yuktayam<br>Pushya Nakshatra Ganda*/Widdhi*Ganda* Yoga Gara/Vanja Karana Saptamayam Tilau |  | Sun 19  | Memphis, TN<br>Suфра 20<br>Vasavasу 5:127                               |
| Kataka Rasi: 6:04              | Tilthi 7 | <b>Gulika</b> 5:07AM - 6:50AM<br>Yama 1:40PM - 3:22PM<br>Rahu 8:32AM - 10:15AM   | <b>Pushya Untill 1:22AM Sun</b><br>Shula* Untill 2:09PM<br>Gara Untill 8:02AM<br>Saptami Untill 7:50PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - Blue | Sunrise: 5:07AM<br>Sunset: 6:47PM<br>Moon 3 - Phase 3 - 19<br>3rd Phase |
| Creative Work Siddha Yoga      |          |  |  | Sivaloka Day  |   |

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|---|--|---|--|---|---|
| <b>Sunday, May 4, 2025</b>  |  | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Ganda*/Widdhi* Yoga Visi*/Bava Karana Ashtamayam Tilau |  | Sun 20  | Memphis, TN<br>Suфра 21<br>Vasavasу 5:127                             |
| <b>Retreat Star</b>   |  | <b>Gulika</b> 3:23PM - 5:05PM<br>Yama 11:57AM - 1:40PM<br>Rahu 5:05PM - 6:48PM  | <b>Ashlesha* Untill 2:20AM Mon</b><br>Ganda* Untill 1:09PM<br>Visi Untill 7:53AM<br>Ashtami* Untill 8:06PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Clear<br><b>Nataraja:</b> Purple<br>Moon - Blue | Sunrise: 5:06AM<br>Sunset: 6:48PM<br>Moon 3 - Phase 3 - 20<br>Ashtami |
| Kataka Rasi: 19:08<br>Tilthi 8<br>Creative Work Siddha Yoga<br>Untill 2:20AM Mon<br>Then Routine Work - Marana Yoga |  |   |  | Sivaloka Day  |   |

|  |  |   |   |  |  |
|--|--|---|---|--|--|
| <b>Monday, May 5, 2025</b>   |  | Viswvasu Nama Samvatsara Uтарыяне Nartana Ritau Mesha Mase Sukla Paksho Indu Vasara Yuktayam<br>Magha* Nakshatra Viddhi/Dhruva Yoga Balava/Kaulava Karana Navamayam Tilau |   | Sun 21   | Memphis, TN<br>Suфра 22<br>Vasavasу 5:127                            |
| <b>Retreat Star</b>  |  | <b>Gulika</b> 1:40PM - 3:23PM<br>Yama 10:14AM - 11:57AM<br>Rahu 6:48AM - 8:31AM   | <b>Magha* Untill 4:20AM Tue</b><br>Viddhi Untill 12:48PM<br>Balava Untill 8:33AM<br>Navami* Untill 9:09PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Red | Sunrise: 5:05AM<br>Sunset: 6:49PM<br>Moon 3 - Phase 3 - 21<br>Navami |
| Simha Rasi: 1:49<br>Tilthi 9<br>Family Home Evening<br>Routine Work Marana Yoga<br>Untill 4:20AM Tue<br>Then Creative Work - Siddha Yoga |  |   |   | Devaloka Day   |  |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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## 1 Tuesday, May 6, 2025

|  |             |  |  |                         |                         |
|--|-------------|--|--|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сукіа Пакіше Мангала Васара Yuktayam |             | Paruphagunil Nakshatra Dhruva/Vyaghata* Yoga Talilla/Gara Karana Dashanyam Titau |  | Sun 22                  | Memphis, TN<br>Sufra 23 |
| Simha Rasi: 14.1   | Tithi 10    | <b>Gulika</b> 11:57AM - 1:40PM   | <b>Purvaphalguni Untill 6:46AM Wed</b> | <b>Ganesh:</b> White    | Sunrise: 5:04AM         |
|  |             | Yama 8:31AM - 10:14AM  | Dhruva Untill 12:57PM                  | <b>Muruga:</b> Red      | Sunset: 6:50PM          |
|  |             | 254318579 <b>Rahu</b> 3:23PM - 5:06PM  | Taililla Untill 9:56AM                 | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 22   |
| Creative Work  | Siddha Yoga |  | <b>Dashami Untill 10:50PM</b>          | Moan - Red              | 4th Phase               |
| Untill 6:46AM Wed  |             |  | <b>Devaloka Day</b>                    |                         |                         |
| Then Creative Work - Amrita Yoga   |             |  | <b>Valaksha-Chaitra</b>                |                         |                         |

## 2 Wednesday, May 7, 2025

|  |             |   |                                    |                         |                         |
|--|-------------|---|------------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сіало Пакіше Бадха Васара Yuktayam |             | Paruphagunil Nakshatra Vyaghata* Harshana Yoga Vanja/Visti* Karana Ekadashyam Titau |                                    | Sun 23                  | Memphis, TN<br>Sufra 24 |
| Simha Rasi: 26.16  | Tithi 11    | <b>Gulika</b> 10:13AM - 11:57AM   | <b>Purvaphalguni Untill 6:46AM</b> | <b>Ganesh:</b> White    | Sunrise: 5:03AM         |
|  |             | Yama 6:47AM - 8:30AM  | Vyaghata* Untill 1:33PM            | <b>Muruga:</b> Red      | Sunset: 6:50PM          |
|  |             | 254318579 <b>Rahu</b> 11:57AM - 1:40PM  | Vanija Untill 11:54AM              | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 22   |
| Creative Work  | Amrita Yoga |   | <b>Ekadashi Untill 1:01AM Thu</b>  | Moan - Red              | 4th Phase               |
|  |             |   | <b>Devaloka Day</b>                |                         |                         |
|  |             |   | <b>Valaksha-Chaitra</b>            |                         |                         |

## 3 Thursday, May 8, 2025

|   |             |   |                                     |                         |                         |
|---|-------------|---|-------------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сукіа Пакіше Guru Vasara Yuktayam |             | Uttaraphalguni Nakshatra Harshana/Vajra* Yoga Bava/Balava Karana Dvadashyam Titau |                                     | Sun 24                  | Memphis, TN<br>Sufra 25 |
| Kanya Rasi: 8.12  | Tithi 12    | <b>Gulika</b> 8:30AM - 10:13AM  | <b>Uttaraphalguni Untill 9:27AM</b> | <b>Ganesh:</b> White    | Sunrise: 5:03AM         |
|   |             | Yama 5:02AM - 6:46AM  | Harshana Untill 2:27PM              | <b>Muruga:</b> Red      | Sunset: 6:51PM          |
|   |             | 254318579 <b>Rahu</b> 1:40PM - 3:24PM   | Bava Untill 2:15PM                  | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 24   |
|   | Amrita Yoga |   | <b>Dvadashi Untill 3:29AM Fri</b>   | Moan - Red              | 4th Phase               |
| Untill 9:27AM   |             |   | <b>Devaloka Day</b>                 |                         |                         |
| Then Routine Work - Marana Yoga   |             |   | <b>Valaksha-Chaitra</b>             |                         |                         |

## 4 Friday, May 9, 2025

|  |             |  |                                     |                         |                         |
|--|-------------|--|-------------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сукіа Пакіше Sukra Vasara Yuktayam |             | Hasta/Chitra Nakshatra Vajra*/Siddhi Yoga Kaulava/Taililla Karana Trayodashyam Titau |                                     | Sun 25                  | Memphis, TN<br>Sufra 26 |
| Kanya Rasi: 20.02  | Tithi 13    | <b>Gulika</b> 6:45AM - 8:29AM  | <b>Hasta Untill 12:40PM</b>         | <b>Ganesh:</b> White    | Sunrise: 5:01AM         |
|  |             | Yama 3:24PM - 5:08PM   | Vajra* Untill 3:28PM                | <b>Muruga:</b> Red      | Sunset: 6:52PM          |
|  |             | 265318579 <b>Rahu</b> 10:13AM - 11:57AM  | Kaulava Untill 4:48PM               | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 25   |
| Creative Work  | Amrita Yoga |  | <b>Trayodashi Untill 6:04AM Sat</b> | Moon - Green            | 4th Phase               |
| Untill 12:40PM   |             |  | <b>Subha Sivaloka Day</b>           |                         |                         |
| Then Creative Work - Siddha Yoga   |             |  | <b>Pradosha Vata</b>                |                         |                         |

## 5 Saturday, May 10, 2025

|   |               |   |                                 |                         |                         |
|---|---------------|---|---------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сукіа Пакіше Manu Vasara Yuktayam |               | Chitra/Svali Nakshatra Siddhi/Vyaspata* Yoga Talilla/Gara Karana Trayodashi/Chaturdashyam Titau |                                 | Sun 26                  | Memphis, TN<br>Sufra 27 |
| Tula Rasi: 1.5  | Tithi 13 - 14 | <b>Gulika</b> 5:01AM - 6:45AM   | <b>Chitra Untill 3:47PM</b>     | <b>Ganesh:</b> White    | Sunrise: 5:01AM         |
|   |               | Yama 1:41PM - 3:25PM  | Siddhi Untill 4:31PM            | <b>Muruga:</b> Red      | Sunset: 6:53PM          |
|   |               | 265318579 <b>Rahu</b> 8:29AM - 10:13AM  | Gara Untill 7:22PM              | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 26   |
| Routine Work  | Marana Yoga   |   | <b>Trayodashi Untill 6:04AM</b> | Moon - Green            | 4th Phase               |
| Untill 3:47PM   |               |   | <b>Subha Sivaloka Day</b>       |                         |                         |
| Then Creative Work - Siddha Yoga  |               |   | <b>Valaksha-Chaitra</b>         |                         |                         |

## ○ Sunday, May 11, 2025

|  |               |   |                                   |                         |                         |
|--|---------------|---|-----------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Сукіа Пакіше Bhanu Vasara Yuktayam |               | Svali Nakshatra Vyaspata*/Varjyan Yoga Vanja/Visti* Karana Chaturdashy/Purnimayam Titau |                                   | Sun 27                  | Memphis, TN<br>Sufra 28 |
| Tula Rasi: 13.4  | Tithi 14 - 15 | <b>Gulika</b> 3:25PM - 5:09PM   | <b>Svali Untill 6:39PM</b>        | <b>Ganesh:</b> White    | Sunrise: 5:00AM         |
|  |               | Yama 11:57AM - 1:41PM   | Vyaspata* Untill 5:32PM           | <b>Muruga:</b> Red      | Sunset: 6:54PM          |
|  |               | 265318579 <b>Rahu</b> 5:09PM - 6:54PM   | Visti Untill 9:50PM               | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 - 27   |
| Creative Work  | Siddha Yoga   |   | <b>Chaturdashy* Untill 8:36AM</b> | Moon - Green            | Purnima                 |
| Untill 6:39PM  |               |   | <b>Subha Sivaloka Day</b>         |                         |                         |
| Then Routine Work - Marana Yoga  |               |   | <b>Valaksha-Chaitra</b>           |                         |                         |

## Monday, May 12, 2025

|   |               |  |                                |                         |                         |
|---|---------------|--|--------------------------------|-------------------------|-------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рібату Меша Месе Krishna Paksha Indu Vasara Yuktayam |               | Vishakha Nakshatra Varjyan Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                                | Sun 27                  | Memphis, TN<br>Sufra 29 |
| Tula Rasi: 25.32  | Tithi 15 - 16 | <b>Gulika</b> 1:41PM - 3:26PM  | <b>Vishakha Untill 9:40PM</b>  | <b>Ganesh:</b> Yellow   | Sunrise: 4:59AM         |
|   |               | Yama 10:12AM - 11:57AM   | Varjyan Untill 6:22PM          | <b>Muruga:</b> Red      | Sunset: 6:54PM          |
|   |               | 275318579 <b>Rahu</b> 6:43AM - 8:28AM  | Balava Untill 12:07AM Tue      | <b>Nataraja:</b> Purple | Moon 3 - Phase 4 -      |
| Family Home Evening   | Marana Yoga   |  | <b>Purnima* Untill 10:59AM</b> | Moon - Orange           | Prathama                |
| Routine Work  | Marana Yoga   |  | <b>Sivaloka Day</b>            |                         |                         |
| Untill 9:40PM   |               |  | <b>Valaksha-Chaitra</b>        |                         |                         |
| Then Creative Work - Siddha Yoga  |               |  |                                |                         |                         |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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**Tuesday, May 13, 2025**  
**Gold Retreat Star**

|                     |               |  |                                   |   |  |
|---------------------|---------------|--|-----------------------------------|---|--|
|                     |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Masha Mesa Krishna Paksha Mangala Vasara Yuktayam<br>Anuradha Nakshatra Parigha* Yoga Kaulava/Tailita Karana Prathama/Dvityayam Titau |                                   |   | Memphis, TN<br>Sufra 30  |
|                     | <b>Gulika</b> | 11:57AM - 1:41PM   | <b>Anuradha Until 12:17AM Wed</b> | <b>Ganesh:</b> Yellow<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Orange | Sunrise: 4:56AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 1st Phase |
| Wischika Rasi: 7.29 | Tithi 16 - 17 | Yama 8:27AM - 10:12AM  | Parigha* Until 7:03PM             |   |  |
|                     | 275318579     | Rahu 3:26PM - 5:11PM   | Tailita Until 2:08AM Wed          |   |  |
| Creative Work       | Siddha Yoga   |  | <b>Prathama* Until 1:08PM</b>     | <b>Vasava-Chakra</b>  | <b>Sivaloka Day</b>  |

**1**

**Wednesday, May 14, 2025**

|                      |               |  |                                   |   |  |
|----------------------|---------------|--|-----------------------------------|---|--|
|                      |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Budha Vasara Yuktayam<br>Jyeshtha* Nakshatra Shiva Yoga Gara/Vanija Karana Dvitya/Triyayam Titau |                                   |   | Memphis, TN<br>Sufra 31  |
|                      | <b>Gulika</b> | 10:12AM - 11:57AM  | <b>Jyeshtha* Until 2:27AM Thu</b> | <b>Ganesh:</b> Yellow<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Orange | Sunrise: 4:57AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 1st Phase |
| Wischika Rasi: 19.32 | Tithi 17 - 18 | Yama 6:42AM - 8:27AM   | Shiva Until 7:31PM                |   |  |
|                      | 275318579     | Rahu 11:57AM - 1:41PM  | Vanija Until 3:51AM Thu           |   |  |
| Creative Work        | Siddha Yoga   |  | <b>Dvitya Until 3:01PM</b>        | <b>Vasava-Tailaka</b>   | <b>Sivaloka Day</b>  |

**2**

**Thursday, May 15, 2025**

|                                       |               |   |                               |   |  |
|---------------------------------------|---------------|---|-------------------------------|---|--|
|                                       |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Guru Vasara Yuktayam<br>Mula* Nakshatra Siddha Vasi* Bava Karana Tritiya/Chaturthayam Titau |                               |   | Memphis, TN<br>Sufra 32  |
|                                       | <b>Gulika</b> | 8:27AM - 10:12AM  | <b>Mula* Until 4:37AM Fri</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 4:56AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 2 1st Phase |
| Dhanus Rasi: 1.43                     | Tithi 18 - 19 | Yama 4:56AM - 6:42AM  | Siddha Until 7:42PM           |   |  |
|                                       | 285318579     | Rahu 1:42PM - 3:27PM  | Bava Until 5:14AM Fri         |   |  |
| Creative Work                         | Siddha Yoga   |   | <b>Tritiya Until 4:34PM</b>   | <b>Vasava-Tailaka</b>   | <b>Subha Sivaloka Day</b>  |
| Until 4:37AM Fri                      |               |   |                               |   |  |
| Then Routine Work - Prabarishtha Yoga |               |   |                               |   |  |

**3**

**Friday, May 16, 2025**

|                                 |                   |  |                                     |   |  |
|---------------------------------|-------------------|--|-------------------------------------|---|--|
|                                 |                   | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Sukra Vasara Yuktayam<br>Purvashada* Nakshatra Sadhya Yoga Balava/Kaulava Karana Chaturthi/Panchayam Titau |                                     |   | Memphis, TN<br>Sufra 33  |
|                                 | <b>Gulika</b>     | 6:41AM - 8:26AM  | <b>Purvashada* Until 6:14AM Sat</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 4:56AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 3 1st Phase |
| Dhanus Rasi: 14.02              | Tithi 19 - 20     | Yama 3:27PM - 5:12PM   | Sadya Until 7:37PM                  |   |  |
|                                 | 285318579         | Rahu 10:11AM - 11:57AM   | Kaulava Until 6:13AM Sat            |   |  |
| Routine Work                    | Prabarishtha Yoga |  | <b>Chaturthi* Until 5:46PM</b>      | <b>Vasava-Tailaka</b>   | <b>Subha Sivaloka Day</b>  |
| Until 6:14AM Sat                |                   |  |                                     |   |  |
| Then Routine Work - Marana Yoga |                   |  |                                     |   |  |

**4**

**Saturday, May 17, 2025**

|                                 |               |  |                                 |   |  |
|---------------------------------|---------------|--|---------------------------------|---|--|
|                                 |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Mani Vasara Yuktayam<br>Uttarashada* Nakshatra Subha Yoga Kaulava/Tailita Karana Panchayam Titau |                                 |   | Memphis, TN<br>Sufra 34  |
|                                 | <b>Gulika</b> | 4:55AM - 6:40AM  | <b>Purvashada* Until 6:14AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 4:55AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 4 1st Phase |
| Dhanus Rasi: 26.32              | Tithi 20      | Yama 1:42PM - 3:28PM   | Subha Until 7:13PM              |   |  |
|                                 | 285318579     | Rahu 8:26AM - 10:11AM  | Kaulava Until 6:13AM            |   |  |
| Creative Work                   | Siddha Yoga   |  | <b>Panchami Until 6:31PM</b>    | <b>Vasava-Tailaka</b>   | <b>Subha Sivaloka Day</b>  |
| Until 6:14AM                    |               |  |                                 |   |  |
| Then Routine Work - Marana Yoga |               |  |                                 |   |  |

**5**

**Sunday, May 18, 2025**

|                   |               |   |                                 |   |  |
|-------------------|---------------|---|---------------------------------|---|--|
|                   |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Bhanu Vasara Yuktayam<br>Uttarashada* Nakshatra Sukla Yoga Gara/Vanija Karana Shashthiyam Titau |                                 |   | Memphis, TN<br>Sufra 35  |
|                   | <b>Gulika</b> | 3:28PM - 5:14PM   | <b>Uttarashada Until 7:15AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 4:54AM<br>Sunset: 6:59PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 5 1st Phase |
| Makara Rasi: 9.14 | Tithi 21      | Yama 11:57AM - 1:42PM   | Sukla Until 6:24PM              |   |  |
|                   | 285318579     | Rahu 5:14PM - 6:59PM  | Gara Until 6:45AM               |   |  |
| Creative Work     | Amrita Yoga   |   | <b>Shashthi* Until 6:47PM</b>   | <b>Vasava-Tailaka</b>   | <b>Subha Sivaloka Day</b>  |

**6**

**Monday, May 19, 2025**

|                                  |               |  |                              |   |  |
|----------------------------------|---------------|--|------------------------------|---|--|
|                                  |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Indra Vasara Yuktayam<br>Shravana* Nakshatra Brahma/Indra Yoga Vasi* Bava Karana Sapthayam Titau |                              |   | Memphis, TN<br>Sufra 36  |
|                                  | <b>Gulika</b> | 1:43PM - 3:28PM  | <b>Shravana Until 8:03AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 4:54AM<br>Sunset: 7:09PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 6 1st Phase |
| Makara Rasi: 22.12               | Tithi 22      | Yama 10:11AM - 11:57AM   | Brahma Until 5:08PM          |   |  |
|                                  | 296318579     | Rahu 6:39AM - 8:25AM   | Vasi Until 6:43AM            |   |  |
| Family Home Evening              |               |  | <b>Saptami Until 6:28PM</b>  | <b>Vasava-Tailaka</b>   | <b>Devaloka Day</b>  |
| Until 8:03AM                     |               |  |                              |   |  |
| Creative Work                    | Amrita Yoga   |  |                              |   |  |
| Then Creative Work - Siddha Yoga |               |  |                              |   |  |

**Retreat Star**

**Tuesday, May 20, 2025**

|                                 |               |  |                                |   |  |
|---------------------------------|---------------|--|--------------------------------|---|--|
|                                 |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Mangala Vasara Yuktayam<br>Dhanishtha* Nakshatra Indra/Vaidhri* Yoga Balava/Tailita Karana Ashtami/Navayam Titau |                                |   | Memphis, TN<br>Sufra 37  |
|                                 | <b>Gulika</b> | 11:57AM - 1:43PM   | <b>Dhanishtha Until 8:06AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 4:53AM<br>Sunset: 7:09PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 7 Ashtami |
| Kumbha Rasi: 5.28               | Tithi 23 - 24 | Yama 8:25AM - 10:11AM  | Indra Until 3:23PM             |   |  |
|                                 | 296318579     | Rahu 3:29PM - 5:15PM   | Balava Until 6:06AM            |   |  |
| Creative Work                   | Siddha Yoga   |  | <b>Ashtami* Until 5:31PM</b>   | <b>Vasava-Tailaka</b>   | <b>Devaloka Day</b>  |
| Until 8:06AM                    |               |  |                                |   |  |
| Then Routine Work - Marana Yoga |               |  |                                |   |  |

**Wednesday, May 21, 2025**

|                                  |               |  |                                  |   |   |
|----------------------------------|---------------|--|----------------------------------|---|---|
|                                  |               | Sivavasu Nama Samvatsara Uтарыне Nartana Ritau Vishabha Mase Krishna Paksha Budha Vasara Yuktayam<br>Shatabhishak* Nakshatra Vaidhri* Vohkambha* Yoga Gara/Vanija Karana Navami/Chaturthayam Titau |                                  |   | Memphis, TN<br>Sufra 38   |
|                                  | <b>Gulika</b> | 10:11AM - 11:57AM  | <b>Shatabhishak Until 7:22AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 4:52AM<br>Sunset: 7:09PM<br>Vasavasa 5:17<br>Moon 4 - Phase 5 - 8 Navami |
| Kumbha Rasi: 19.07               | Tithi 24 - 25 | Yama 6:38AM - 8:25AM   | Vaidhri* Until 1:05PM            |   |   |
|                                  | 296318579     | Rahu 11:57AM - 1:43PM  | Vanija Until 2:55AM Thu          |   |   |
| Creative Work                    | Siddha Yoga   |  | <b>Navami* Until 3:56PM</b>      | <b>Vasava-Tailaka</b>   | <b>Devaloka Day</b>   |
| Until 7:22AM                     |               |  |                                  |   |   |
| Then Creative Work - Amrita 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 Memphis, TN on 2/11/24

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|  |                    |   |  |                         |                 |                       |             |
|--|--------------------|---|--|-------------------------|-----------------|-----------------------|-------------|
| <b>1</b> <b>Thursday, May 22, 2025</b> |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Krishna Pakhe Guru Vasara Yuktyam  |  |                         |                 |                       | Memphis, TN |
| Mesha Rasi: 3.09                       | Tithi 25 – 26      | <b>Gulika</b> 8:24AM – 10:11AM  | <b>Puruvashrothapada</b> Untill 6:17AM | <b>Ganesh:</b> White    | Sunrise: 4:50AM | Sun 9                 |             |
|  |                    | Yama 4:52AM – 6:38AM  | <b>Vishkambha</b> Untill 10:18AM       | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 9                 |             |
| Creative Work                          | Siddha Yoga        | <b>Rahu</b> 1:43PM – 3:30PM   | Bava Untill 12:26AM Fri                | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 12 |             |
|  |                    |   | Dashami Untill 1:43PM                  | Moon – Clear            |                 | 2nd Phase             |             |
|  |                    |   |  | <b>Devaloka Day</b>     |                 |                       |             |
| <b>2</b> <b>Friday, May 23, 2025</b>   |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Krishna Pakhe Sukra Vasara Yuktyam |  |                         |                 |                       | Memphis, TN |
| Mesha Rasi: 17.34                      | Tithi 26 – 27      | <b>Gulika</b> 6:38AM – 8:24AM   | <b>Revati</b> Untill 2:06AM Sat        | <b>Ganesh:</b> White    | Sunrise: 4:51AM | Sun 10                |             |
|  |                    | Yama 3:30PM – 5:16PM  | Priiti Untill 7:03AM                   | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 10                |             |
| Creative Work                          | Siddha Yoga        | <b>Rahu</b> 10:11AM – 11:57AM   | Kaulava Untill 9:26PM                  | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 10 |             |
|  |                    |   | Ekadashi Untill 10:58AM                | Moon – Clear            |                 | 2nd Phase             |             |
|  |                    |   |  | <b>Devaloka Day</b>     |                 |                       |             |
| <b>3</b> <b>Saturday, May 24, 2025</b> |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Krishna Pakhe Manta Vasara Yuktyam |  |                         |                 |                       | Memphis, TN |
| Mesha Rasi: 2.19                       | Tithi 27 – 28      | <b>Gulika</b> 4:51AM – 6:37AM   | <b>Ashvini</b> Untill 11:37PM          | <b>Ganesh:</b> Green    | Sunrise: 4:51AM | Sun 11                |             |
|  |                    | Yama 1:44PM – 3:30PM  | Saubhagya Untill 11:30PM               | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 11                |             |
| Creative Work                          | Siddha Yoga        | <b>Rahu</b> 8:24AM – 10:10AM  | Gara Untill 6:05PM                     | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 11 |             |
|  |                    |   | Dwadashi Untill 7:47AM                 | Moon – White            |                 | 2nd Phase             |             |
|  |                    |   |  | <b>Devaloka Day</b>     |                 |                       |             |
| <b>4</b> <b>Sunday, May 25, 2025</b>   |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Krishna Pakhe Bhanu Vasara Yuktyam |  |                         |                 |                       | Memphis, TN |
| Mesha Rasi: 17.19                      | Tithi 29           | <b>Gulika</b> 3:31PM – 5:18PM   | <b>Bharani</b> Untill 8:49PM           | <b>Ganesh:</b> White    | Sunrise: 4:50AM | Sun 12                |             |
|  |                    | Yama 11:57AM – 1:44PM   | Sobhana Untill 7:27PM                  | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 12                |             |
| Routine Work                           | Prabalarishta Yoga | <b>Rahu</b> 5:18PM – 7:04PM   | Vistil Untill 2:30PM                   | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 12 |             |
| Untill 8:49PM                          |                    |   | Chaturdashi Untill 12:39AM Mon         | Moon – White            |                 | 2nd Phase             |             |
| Then Creative Work                     | Siddha Yoga        |   |  | <b>Devaloka Day</b>     |                 |                       |             |
| <b>Monday, May 26, 2025</b>            |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Krishna Pakhe Indu Vasara Yuktyam  |  |                         |                 |                       | Memphis, TN |
| <b>Retreat Star</b>                    |                    | <b>Gulika</b> 1:44PM – 3:31PM   | <b>Kritika</b> Untill 5:52PM           | <b>Ganesh:</b> White    | Sunrise: 4:50AM | Sun 13                |             |
| Wishabha Rasi: 2.26                    | Tithi 30           | Yama 10:10AM – 11:57AM  | Alhiganda Untill 3:21PM                | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 13                |             |
| <b>Family Home Evening</b>             | Marana Yoga        | <b>Rahu</b> 6:36AM – 8:23AM   | Caluspada Untill 10:51AM               | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 13 |             |
| Untill 5:52PM                          |                    |   | <b>Amavasya</b> Untill 9:01PM          | Moon – White            |                 | Amavasya              |             |
| Then Creative Work                     | Amrita Yoga        |   |  | <b>Devaloka Day</b>     |                 |                       |             |
| <b>Tuesday, May 27, 2025</b>           |                    | Vishvasu Nama Samvatsare Uтарыяыыы Nartana Ritau Vishabha Mase Sukla Pakhe Mangala Vasara Yuktyam |  |                         |                 |                       | Memphis, TN |
| <b>Retreat Star</b>                    |                    | <b>Gulika</b> 11:57AM – 1:44PM  | <b>Rohini</b> Untill 3:21PM            | <b>Ganesh:</b> Green    | Sunrise: 4:49AM | Sun 14                |             |
| Wishabha Rasi: 17.3                    | Tithi 1 – 2        | Yama 8:23AM – 10:10AM   | Sukarma Untill 11:23AM                 | <b>Muruga:</b> Red      | Sunset: 7:09PM  | Sat 14                |             |
| Creative Work                          | Amrita Yoga        | <b>Rahu</b> 3:32PM – 5:19PM   | Kintughna Untill 7:17AM                | <b>Nataraja:</b> Purple |                 | Moon 4 - Phase 6 - 14 |             |
| Untill 3:21PM                          |                    |   | Prathama Untill 5:34PM                 | Moon – Yellow           |                 | Prathama              |             |
| Then Creative Work                     | Siddha Yoga        |   |  | <b>Devaloka Day</b>     |                 |                       |             |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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# 1 Wednesday, May 28, 2025

|                    |              |  |   |   |                                   |   |
|--------------------|--------------|--|---|---|-----------------------------------|---|
|                    |              |  | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Баду Вісара Үктыям<br>Mіgаshіа/Mоtа Nаkshаtrа Dhіrī/Shаh' Yоgа Kаulаvа/Tаllіа Kаrаnа Dvītīyа/Trītīyаm Tītаu |   |                                   | Memphis, TN<br>Sufrа 45                             |
| Mіthunа Rаsі: 2.22 | Tītīhі 2 – 3 | <b>Gulika</b> 10:10AM – 11:57AM<br>Yаmа 6:36AM – 8:23AM<br>Rаhу 11:57AM – 1:45PM | <b>Mrigаshīrа Untіl 1:01PM</b><br>Dhīrīl Untіl 7:40AM<br>Tаllіа Untіl 1:07AM Thu<br>Dvītīyа Untіl 2:28PM  | <b>Gаneshа: Green</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Yellow | Sunrise: 4:49AM<br>Sunset: 7:09PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 15<br>3rd Phase |
| Creative Work      | Siddha Yoga  | 337418579  |   |   |                                   | Devaloka Day  |

# 2 Thursday, May 29, 2025

|                     |               |  |   |   |                                   |   |
|---------------------|---------------|--|---|---|-----------------------------------|---|
|                     |               |  | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Гору Вісара Үктыям<br>Аndrа/Punrаvаsу Nаkshаtrа Gаndа' Yоgа Rаrа/Vаnjіа Kаrаnа Trītīyа/Chаlurītīyаm Tītаu |   |                                   | Memphis, TN<br>Sufrа 46                             |
| Mіthunа Rаsі: 16.54 | Tītīhі 3 – 4  | <b>Gulika</b> 8:23AM – 10:10AM<br>Yаmа 4:48AM – 6:36AM<br>Rаhу 1:45PM – 3:32PM | <b>Аndrа Untіl 11:03AM</b><br>Gаndа' Untіl 1:28AM Fri<br>Vаnjіа Untіl 10:50PM<br>Trītīyа Untіl 11:53AM  | <b>Gаneshа: Green</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Yellow | Sunrise: 4:48AM<br>Sunset: 7:07PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 16<br>3rd Phase |
| Routine Work        | Marana Yoga   | 337418579  |   |   |                                   | Devaloka Day  |
| Untіl 11:03AM       |               |  |   |   |                                   |   |
| Then Creative Work  | - Amrita Yoga |  |   |   |                                   |   |

# 3 Friday, May 30, 2025

|                   |               |   |  |   |                                   |   |
|-------------------|---------------|---|--|---|-----------------------------------|---|
|                   |               |   | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Сукра Вісара Үктыям<br>Punrаvаsу/Pushyа Nаkshаtrа Vіdđhі Yоgа Vіst' /Bаvа Kаrаnа Chаlurītīyа/Pаnchāmīyаm Tītаu |   |                                   | Memphis, TN<br>Sufrа 47                             |
| Kаrkа Rаsі: 1     | Tītīhі 4 – 5  | <b>Gulika</b> 6:35AM – 8:23AM<br>Yаmа 3:33PM – 5:20PM<br>Rаhу 10:10AM – 11:58AM | <b>Punrаvаsу Untіl 10:02AM</b><br>Vіdđhі Untіl 11:15PM<br>Bаvа Untіl 9:18PM<br>Chаlurītī' Untіl 9:57AM   | <b>Gаneshа: White</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Blue | Sunrise: 4:48AM<br>Sunset: 7:08PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 17<br>3rd Phase |
| Creative Work     | Siddha Yoga   | 347418579   |  |   |                                   | Devaloka Day  |
| Untіl 10:02AM     |               |   |  |   |                                   |   |
| Then Routine Work | - Marana Yoga |   |  |   |                                   |   |

# 4 Saturday, May 31, 2025

|                   |               |  |   |   |                                   |   |
|-------------------|---------------|--|---|---|-----------------------------------|---|
|                   |               |  | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Марта Вісара Үктыям<br>Dhruvа/Pushyа Nаkshаtrа Vіdđhі Yоgа Bаlаvа/Kаulаvа Kаrаnа Pаnchāmī/Shаshīyаm Tītаu |   |                                   | Memphis, TN<br>Sufrа 48                             |
| Kаrkа Rаsі: 14.38 | Tītīhі 5 – 6  | <b>Gulika</b> 4:47AM – 6:35AM<br>Yаmа 1:45PM – 3:33PM<br>Rаhу 8:23AM – 10:10AM | <b>Pushyа Untіl 9:39AM</b><br>Dhruvа Untіl 9:41PM<br>Kаulаvа Untіl 8:35PM<br>Pаnchāmī Untіl 8:49AM  | <b>Gаneshа: White</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Blue | Sunrise: 4:47AM<br>Sunset: 7:08PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 18<br>3rd Phase |
| Creative Work     | Siddha Yoga   | 347418579  |   |   |                                   | Devaloka Day  |
| Untіl 9:39AM      |               |  |   |   |                                   |   |
| Then Routine Work | - Marana Yoga |  |   |   |                                   |   |

# 5 Sunday, June 1, 2025

|                   |               |  |   |   |                                   |   |
|-------------------|---------------|--|---|---|-----------------------------------|---|
|                   |               |  | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Бхану Вісара Үктыям<br>Ashleshа' /Mаghа' Nаkshаtrа Vуgаhаlа' Yоgа Tаllіа/Gаrа Kаrаnа Shаshīl/Sаptāmīyаm Tītаu |   |                                   | Memphis, TN<br>Sufrа 49                             |
| Kаrkа Rаsі: 27.46 | Tītīhі 6 – 7  | <b>Gulika</b> 3:33PM – 5:21PM<br>Yаmа 11:58AM – 1:46PM<br>Rаhу 5:21PM – 7:09PM | <b>Ashleshа' Untіl 9:58AM</b><br>Vуgаhаlа' Untіl 8:50PM<br>Gаrа Untіl 8:45PM<br>Shаshīl' Untіl 8:32AM   | <b>Gаneshа: White</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Blue | Sunrise: 4:47AM<br>Sunset: 7:09PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 19<br>3rd Phase |
| Creative Work     | Siddha Yoga   | 347418579  |   |   |                                   | Devaloka Day  |
| Untіl 9:58AM      |               |  |   |   |                                   |   |
| Then Routine Work | - Marana Yoga |  |   |   |                                   |   |

# Monday, June 2, 2025

|                     |               |   |   |  |                                   |   |
|---------------------|---------------|---|---|--|-----------------------------------|---|
|                     |               |   | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Інду Вісара Үктыям<br>Mаghа' /Purvаphаlgunі Nаkshаtrа Hаrshаnа Yоgа Vаnjіа/Vіst' Kаrаnа Sаptāmī/Ashīrāmīyаm Tītаu |  |                                   | Memphis, TN<br>Sufrа 50                           |
| Retreat Star        |               | <b>Gulika</b> 1:46PM – 3:34PM<br>Yаmа 10:10AM – 11:58AM<br>Rаhу 6:35AM – 8:23AM | <b>Mаghа' Untіl 11:26AM</b><br>Hаrshаnа Untіl 8:39PM<br>Vіstī Untіl 9:45PM<br>Sаptāmī Untіl 9:08AM  | <b>Gаneshа: White</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Red | Sunrise: 4:47AM<br>Sunset: 7:10PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 20<br>Ashtami |
| Simha Rasi: 10.29   | Tītīhі 7 – 8  |   |   |  |                                   |   |
| Family Home Evening |               | 358418579   |   |  |                                   | Subha Sivaloka Day                                |
| Routine Work        | Marana Yoga   |   |   |  |                                   |   |
| Untіl 11:26AM       |               |   |   |  |                                   |   |
| Then Creative Work  | - Siddha Yoga |   |   |  |                                   |   |

# Tuesday, June 3, 2025

|                    |               |   |  |  |                                   |  |
|--------------------|---------------|---|--|--|-----------------------------------|--|
|                    |               |   | Vishvasu Nama Samvatsare Uтарыяне Наратана Рітау Вішвабха Мазе: Суліа Пахце Мургалі Вісара Үктыям<br>Purvаphаlgunі/Utrаrаphаlgunі Nаkshаtrа Vаjя' Yоgа Bаrа/Bаlаrа Kаrаnа Аshīrāmī/Nāvāmīyаm Tītаu |  |                                   | Memphis, TN<br>Sufrа 51                          |
| Retreat Star       |               | <b>Gulika</b> 11:58AM – 1:46PM<br>Yаmа 8:22AM – 10:10AM<br>Rаhу 3:34PM – 5:22PM | <b>Purvаphаlgunі Untіl 1:30PM</b><br>Vаjя' Untіl 8:59PM<br>Bаlаvа Untіl 11:26PM<br>Аshīrāmī' Untіl 10:30AM   | <b>Gаneshа: White</b><br>Murаgа: Red<br>Nаrаjа: Purple<br>Moon – Red | Sunrise: 4:47AM<br>Sunset: 7:10PM | Vоvаsаu 5:127<br>Moon 4 - Phase 7 - 21<br>Navami |
| Simha Rasi: 22.51  | Tītīhі 8 – 9  | 358418579   |  |  |                                   | Subha Sivaloka Day                               |
| Creative Work      | Siddha Yoga   |   |  |  |                                   |  |
| Untіl 1:30PM       |               |   |  |  |                                   |  |
| Then Creative Work | - Amrita Yoga |   |  |  |                                   |  |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                                 |              |  |                                    |                         |                 |                           |                       |
|---------------------------------|--------------|--|------------------------------------|-------------------------|-----------------|---------------------------|-----------------------|
| <b>1</b>                        |              | <b>Wednesday, June 4, 2025</b>   |                                    |                         |                 |                           | Memphis, TN           |
|                                 |              | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Budha Vasara Yuktayam |                                    |                         |                 |                           | Sutra 52              |
|                                 |              | Utaraphalguni/Hasta Nakshatra Siddhi Yoga Kaulava/Taila Karana Navami/Dashamyan Tithi            |                                    |                         |                 |                           | Vishvasu 5:17         |
| Kanya Rasi: 4.56                | Tithi 9 - 10 | <b>Gulika</b> 10:10AM - 11:58AM  | <b>Utaraphalguni</b> Untill 3:58PM | <b>Ganesh:</b> White    | Sunrise: 4:46AM | Sun 22                    | Vishvasu 5:22         |
|                                 |              | 6:34AM - 8:22AM  | Siddhi Untill 9:45PM               | <b>Muruga:</b> Red      | Sunset: 7:11PM  |                           | Moon 4 - Phase 8 - 17 |
| Creative Work                   | Amrita Yoga  | 358418579  | Rahu 11:58AM - 1:47PM              | Taila Untill 1:39AM Thu |                 |                           | 4th Phase             |
| Untill 3:58PM                   |              |  |                                    | <b>Nataraja:</b> Purple |                 |                           |                       |
| Then Routine Work - Marana Yoga |              |  | <b>Navami*</b> Untill 12:28PM      | Moon - Red              |                 | <b>Subha Sivaloka Day</b> |                       |

|                                  |               |   |                              |                      |                 |                     |                       |
|----------------------------------|---------------|---|------------------------------|----------------------|-----------------|---------------------|-----------------------|
| <b>2</b>                         |               | <b>Thursday, June 5, 2025</b>   |                              |                      |                 |                     | Memphis, TN           |
|                                  |               | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Guru Vasara Yuktayam |                              |                      |                 |                     | Sutra 53              |
|                                  |               | Hasta Nakshatra Vyatipata* Yoga Gara/Vanija Karana Dashami/Ekadashtyan Tithi                    |                              |                      |                 |                     | Vishvasu 5:17         |
| Kanya Rasi: 16.52                | Tithi 10 - 11 | <b>Gulika</b> 8:22AM - 10:11AM  | <b>Hasla</b> Untill 7:06PM   | <b>Ganesh:</b> Clear | Sunrise: 4:46AM | Sun 23              | Vishvasu 5:27         |
|                                  |               | 4:46AM - 6:34AM   | Vyatipata* Untill 10:45PM    | <b>Muruga:</b> Red   | Sunset: 7:11PM  |                     | Moon 4 - Phase 8 - 23 |
| Routine Work                     | Marana Yoga   | 368418571   | Rahu 1:47PM - 3:35PM         | Nataraja: Blue       |                 |                     | 4th Phase             |
| Untill 7:06PM                    |               |   |                              | Vani - Green         |                 | <b>Sivaloka Day</b> |                       |
| Then Creative Work - Siddha Yoga |               |   | <b>Dashami</b> Untill 2:51PM |                      |                 |                     |                       |

|                                 |               |  |                               |                      |                 |                     |                       |
|---------------------------------|---------------|--|-------------------------------|----------------------|-----------------|---------------------|-----------------------|
| <b>3</b>                        |               | <b>Friday, June 6, 2025</b>  |                               |                      |                 |                     | Memphis, TN           |
|                                 |               | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Sukra Vasara Yuktayam |                               |                      |                 |                     | Sutra 54              |
|                                 |               | Chitra Nakshatra Varjyan Yoga Visi*/Bava Karana Ekadashi/Dvadashyan Tithi                        |                               |                      |                 |                     | Vishvasu 5:17         |
| Kanya Rasi: 28.41               | Tithi 11 - 12 | <b>Gulika</b> 6:34AM - 8:22AM  | <b>Chitra</b> Untill 10:12PM  | <b>Ganesh:</b> Clear | Sunrise: 4:46AM | Sun 24              | Vishvasu 5:27         |
|                                 |               | 3:35PM - 5:24PM  | Varjyan Untill 11:48PM        | <b>Muruga:</b> Red   | Sunset: 7:12PM  |                     | Moon 4 - Phase 8 - 24 |
| Creative Work                   | Siddha Yoga   | 368418571  | Rahu 10:11AM - 11:59AM        | Nataraja: Blue       |                 |                     | 4th Phase             |
| Untill 6:00AM Sat               |               |  |                               | Moon - Green         |                 | <b>Sivaloka Day</b> |                       |
| Then Routine Work - Siddha Yoga |               |  | <b>Ekadashi</b> Untill 5:23PM |                      |                 |                     |                       |

|                                 |             |  |                                |                      |                 |                     |                       |
|---------------------------------|-------------|--|--------------------------------|----------------------|-----------------|---------------------|-----------------------|
| <b>4</b>                        |             | <b>Saturday, June 7, 2025</b>  |                                |                      |                 |                     | Memphis, TN           |
|                                 |             | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Manta Vasara Yuktayam |                                |                      |                 |                     | Sutra 55              |
|                                 |             | Chitra Nakshatra Varjyan Yoga Visi*/Bava Karana Dvadashyan Tithi                                 |                                |                      |                 |                     | Vishvasu 5:17         |
| Tula Rasi: 10.29                | Tithi 12    | <b>Gulika</b> 4:46AM - 6:34AM  | <b>Svali</b> Untill 1:04AM Sun | <b>Ganesh:</b> Clear | Sunrise: 4:46AM | Sun 25              | Vishvasu 5:27         |
|                                 |             | 1:47PM - 3:35PM  | Parigha* Untill 12:49AM Sun    | <b>Muruga:</b> Red   | Sunset: 7:12PM  |                     | Moon 4 - Phase 8 - 25 |
| Creative Work                   | Siddha Yoga | 368418571  | Rahu 8:22AM - 10:11AM          | Nataraja: Blue       |                 |                     | 4th Phase             |
| Untill 1:04AM Sun               |             |  |                                | Moon - Green         |                 | <b>Sivaloka Day</b> |                       |
| Then Routine Work - Marana Yoga |             |  | <b>Dvadashi</b> Untill 7:52PM  |                      |                 |                     |                       |

|                                  |             |  |                                   |                      |                 |                     |                       |
|----------------------------------|-------------|--|-----------------------------------|----------------------|-----------------|---------------------|-----------------------|
| <b>5</b>                         |             | <b>Sunday, June 8, 2025</b>  |                                   |                      |                 |                     | Memphis, TN           |
|                                  |             | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Bhanu Vasara Yuktayam |                                   |                      |                 |                     | Sutra 56              |
|                                  |             | Vishakha Nakshatra Shiva Yoga Kaulava/Taila Karana Trayodashyan Tithi                            |                                   |                      |                 |                     | Vishvasu 5:17         |
| Tula Rasi: 22.21                 | Tithi 13    | <b>Gulika</b> 3:36PM - 5:24PM  | <b>Vishakha</b> Untill 4:03AM Mon | <b>Ganesh:</b> Clear | Sunrise: 4:46AM | Sun 26              | Vishvasu 5:27         |
|                                  |             | 1:59AM - 1:48PM  | Shiva Untill 1:40AM Mon           | <b>Muruga:</b> Red   | Sunset: 7:13PM  |                     | Moon 4 - Phase 8 - 27 |
| Routine Work                     | Marana Yoga | 379418571  | Rahu 5:24PM - 7:13PM              | Nataraja: Blue       |                 |                     | 4th Phase             |
| Untill 4:03AM Mon                |             |  |                                   | Moon - Orange        |                 | <b>Sivaloka Day</b> |                       |
| Then Creative Work - Siddha Yoga |             | <b>Vaikasi Visakam</b>   | <b>Trayodashi</b> Untill 10:10PM  |                      |                 |                     |                       |
|                                  |             |  | <i>Pradosha Vata</i>              |                      |                 |                     |                       |

|                                 |             |   |                                       |                      |                 |                     |                       |
|---------------------------------|-------------|---|---------------------------------------|----------------------|-----------------|---------------------|-----------------------|
| <b>6</b>                        |             | <b>Monday, June 9, 2025</b>   |                                       |                      |                 |                     | Memphis, TN           |
|                                 |             | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Indu Vasara Yuktayam |                                       |                      |                 |                     | Sutra 57              |
|                                 |             | Anuradha Nakshatra Siddha Yoga Gara/Vanija Karana Chaturdashyan Tithi                           |                                       |                      |                 |                     | Vishvasu 5:17         |
| Witschika Rasi: 4.18            | Tithi 14    | <b>Gulika</b> 1:48PM - 3:36PM   | <b>Anuradha</b> Untill 6:33AM Tue     | <b>Ganesh:</b> Clear | Sunrise: 4:45AM | Sun 27              | Vishvasu 5:27         |
| <b>Family Home Evening</b>      |             | 10:11AM - 11:59AM   | Siddha Untill 2:14AM Tue              | <b>Muruga:</b> Red   | Sunset: 7:13PM  |                     | Moon 4 - Phase 8 - 27 |
| Creative Work                   | Siddha Yoga | 379418571   | Rahu 6:34AM - 8:22AM                  | Nataraja: Blue       |                 |                     | 4th Phase             |
| Untill 6:33AM Tue               |             |   |                                       | Moon - Orange        |                 | <b>Sivaloka Day</b> |                       |
| Then Routine Work - Marana Yoga |             |   | <b>Chaturdash*</b> Untill 12:09AM Tue |                      |                 |                     |                       |

|                                 |             |  |                                   |                      |                 |                     |                            |
|---------------------------------|-------------|--|-----------------------------------|----------------------|-----------------|---------------------|----------------------------|
| <b>○</b>                        |             | <b>Tuesday, June 10, 2025</b>  |                                   |                      |                 |                     | Memphis, TN                |
|                                 |             | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Sukta Paksha Mangala Vasara Yuktayam |                                   |                      |                 |                     | Sutra 58                   |
|                                 |             | Anuradha Nakshatra Siddha Yoga Gara/Vanija Karana Purnimayam Tithi                                 |                                   |                      |                 |                     | Vishvasu 5:17              |
| Witschika Rasi: 16.23           | Tithi 15    | <b>Gulika</b> 12:00PM - 1:48PM   | <b>Anuradha</b> Untill 6:33AM     | <b>Ganesh:</b> Clear | Sunrise: 4:45AM | Sun 28              | Vishvasu 5:27              |
|                                 |             | 8:22AM - 10:11AM   | Sadhya Untill 2:33AM Wed          | <b>Muruga:</b> Red   | Sunset: 7:14PM  |                     | Moon 4 - Phase 8 - Purnima |
| Creative Work                   | Siddha Yoga | 379418571  | Rahu 3:37PM - 5:25PM              | Nataraja: Blue       |                 |                     |                            |
| Untill 6:33AM                   |             |  |                                   | Moon - Orange        |                 | <b>Sivaloka Day</b> |                            |
| Then Routine Work - Marana Yoga |             |  | <b>Purnima*</b> Untill 1:46AM Wed |                      |                 |                     |                            |

|                                 |             |  |                                    |                      |                 |                     |                             |
|---------------------------------|-------------|--|------------------------------------|----------------------|-----------------|---------------------|-----------------------------|
| <b>Wednesday, June 11, 2025</b> |             | Vishvasu Nama Samvatsara Uтарыяне Nartana Ritau Vishabha Mase Krishna Paksha Budha Vasara Yuktayam |                                    |                      |                 |                     | Memphis, TN                 |
|                                 |             | Jyeshtha*/Mula* Nakshatra Subha Yoga Balava/Kaulava Karana Prathamayam Tithi                       |                                    |                      |                 |                     | Sutra 59                    |
|                                 |             | Jyeshtha*/Mula* Nakshatra Subha Yoga Balava/Kaulava Karana Prathamayam Tithi                       |                                    |                      |                 |                     | Vishvasu 5:17               |
| Witschika Rasi: 28.37           | Tithi 16    | <b>Gulika</b> 10:11AM - 12:00PM  | <b>Jyeshtha*</b> Untill 8:32AM     | <b>Ganesh:</b> Clear | Sunrise: 4:45AM | Sun 29              | Vishvasu 5:27               |
|                                 |             | 6:34AM - 8:23AM  | Subha Untill 2:35AM Thu            | <b>Muruga:</b> Red   | Sunset: 7:14PM  |                     | Moon 4 - Phase 8 - Prathama |
| Creative Work                   | Siddha Yoga | 379418571  | Rahu 12:00PM - 1:48PM              | Nataraja: Blue       |                 |                     |                             |
| Untill 8:32AM                   |             |  |                                    | Moon - Orange        |                 | <b>Sivaloka Day</b> |                             |
| Then Routine Work - Marana Yoga |             |  | <b>Prathama*</b> Untill 3:00AM Thu |                      |                 |                     |                             |

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

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Вішвехба Маса Крішна Паکشэ Гурэ Вэсара Үктыям  
 Mula\*Purvashadha\* Nakshatra Sukla Yoga Talita/Gara Karana Dvityayam Titau

Memphis, TN Sun 1

Sutra 60

Vasavasu 5:17

Dhanu Rasi: 11 Tithi 17

Gulika 8:23AM - 10:11AM

Yama 4:45AM - 6:34AM

Rahu 1:49PM - 3:37PM

Mula\* Until 10:27AM

Sukla Until 2:17AM Fri

Talita Until 3:30PM

Dvitiya Until 3:51AM Fri

Ganesh: Purple

Murgu: Red

Nataraja: Blue

Moon - Light Blue

Sunrise: 4:45AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 2

1st Phase

Creative Work Siddha Yoga

Devaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Вішвехба Маса Крішна Паکشэ Сукара Вэсара Үктыям  
 Purvashadha\* Uttarashadha Nakshatra Brahma Yoga Vanija/Vidhi\* Karana Trityayam Titau

Memphis, TN Sun 2

Sutra 61

Vasavasu 5:17

Dhanu Rasi: 23.34 Tithi 18

Gulika 6:34AM - 8:23AM

Yama 3:38PM - 5:26PM

Rahu 10:11AM - 12:00PM

Purvashadha\* Until 11:51AM

Brahma Until 1:42AM Sat

Vanija Until 4:09PM

Tritya Until 4:19AM Sat

Ganesh: Purple

Murgu: Red

Nataraja: Blue

Moon - Light Blue

Sunrise: 4:45AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 2

1st Phase

Routine Work Prabalashita Yoga

Until 11:51AM

Then Routine Work - Marana Yoga

Devaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Манта Вэсара Үктыям  
 Uttarashadha/Shravana Nakshatra Indra Yoga Bava/Balava Karana Chaturthayam Titau

Memphis, TN Sun 3

Sutra 62

Vasavasu 5:17

Makara Rasi: 6.18 Tithi 19

Gulika 4:45AM - 6:34AM

Yama 1:49PM - 3:38PM

Rahu 8:23AM - 10:12AM

Uttarashadha Until 12:43PM

Indra Until 12:50AM Sun

Bava Until 4:26PM

Chaturthi\* Until 4:24AM Sun

Ganesh: Purple

Murgu: Red

Nataraja: Blue

Moon - Light Blue

Sunrise: 4:45AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 3

1st Phase

Routine Work Marana Yoga

Until 12:43PM

Then Creative Work - Siddha Yoga

Devaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Бхану Вэсара Үктыям  
 Shatbhisha/Vishkambha Nakshatra Vaidhiti\* Yoga Kaulava/Tailita Karana Panchamayam Titau

Memphis, TN Sun 4

Sutra 63

Vasavasu 5:17

Makara Rasi: 19.14 Tithi 20

Gulika 3:38PM - 5:27PM

Yama 12:01PM - 1:49PM

Rahu 5:27PM - 7:16PM

Shravana Until 1:31PM

Vaidhiti\* Until 11:37PM

Kaulava Until 4:19PM

Panchami Until 4:05AM Mon

Ganesh: Clear

Murgu: Red

Nataraja: Blue

Moon - Purple

Sunrise: 4:45AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 4

1st Phase

Creative Work Amrita Yoga

Until 1:31PM

Then Routine Work - Marana Yoga

Father's Day

Sivaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Інду Вэсара Үктыям  
 Dhanishtha/Shatabhishak Nakshatra Vishkambha\* Yoga Gara/Vanija Karana Shashthiyam Titau

Memphis, TN Sun 5

Sutra 64

Vasavasu 5:17

Kumbha Rasi: 2.22 Tithi 21

Gulika 1:50PM - 3:38PM

Yama 10:12AM - 12:01PM

Rahu 6:34AM - 8:23AM

Dhanishtha Until 1:45PM

Vishkambha\* Until 10:05PM

Gara Until 3:47PM

Shashthi\* Until 3:20AM Tue

Ganesh: Yellow

Murgu: Red

Nataraja: Blue

Moon - Purple

Sunrise: 4:45AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 5

1st Phase

Family Home Evening

Creative Work Siddha Yoga

Sivaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Маргалэ Вэсара Үктыям  
 Shatbhisha/Purvashrothapada\* Nakshatra Pithi Yoga Vini/Bava Karana Sapthamayam Titau

Memphis, TN Sun 6

Sutra 65

Vasavasu 5:17

Kumbha Rasi: 15.44 Tithi 22

Gulika 12:01PM - 1:50PM

Yama 8:23AM - 10:12AM

Rahu 3:39PM - 5:28PM

Shalabhishak Until 1:25PM

Pithi Until 8:12PM

Visi Until 2:49PM

Saptami Until 2:08AM Wed

Ganesh: Yellow

Murgu: Red

Nataraja: Blue

Moon - Purple

Sunrise: 4:46AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 6

1st Phase

Routine Work Marana Yoga

Sivaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Бадха Ішвара Үктыям  
 Purvaprosrothapada\*Uttarproshrothapada Nakshatra Ayushman/Saubhaga Yoga Balava/Kaulava Karana Navamayam Titau

Memphis, TN Sun 7

Sutra 66

Vasavasu 5:17

Kumbha Rasi: 29.21 Tithi 23

Gulika 10:12AM - 12:01PM

Yama 6:35AM - 8:23AM

Rahu 12:01PM - 1:50PM

Purvaprosrothapada\* Until 12:54PM

Ayushman Until 5:54PM

Balava Until 1:23PM

Ashlami\* Until 12:28AM Thu

Ganesh: Clear

Murgu: Red

Nataraja: Blue

Moon - Clear

Sunrise: 4:46AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 7

Ashtami

Creative Work Amrita Yoga

Until 12:54PM

Then Creative Work - Siddha Yoga

Sivaloka Day

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

Viswasa Nama Samvatsare Uтарыяне Нартапа Рітау Міхуна Маса Крішна Паکشэ Гурэ Вэсара Үктыям  
 Uttarproshrothapada/Revati Nakshatra Saubhaga/Sobhana Yoga Talita/Gara Karana Navamayam Titau

Memphis, TN Sun 8

Sutra 67

Vasavasu 5:17

Meena Rasi: 13.16 Tithi 24

Gulika 8:24AM - 10:13AM

Yama 4:46AM - 6:35AM

Rahu 1:50PM - 3:39PM

Uttarproshrothapada Until 11:47AM

Saubhaga Until 3:15PM

Talita Until 11:29AM

Navami\* Until 10:21PM

Ganesh: Clear

Murgu: Red

Nataraja: Blue

Moon - Clear

Sunrise: 4:46AM

Sunset: 7:19PM

Moon 5 - Phase 9 - 8

Navami

Creative Work Siddha Yoga

Sivaloka Day

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

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# 1 Friday, June 20, 2025

|   |                   |                       |                |                 |                       |
|---|-------------------|-----------------------|----------------|-----------------|-----------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рітау Міхуна Маса Кішна Паке: Сура Васара Yuktayam |                   | Memphis, TN           |                |                 |                       |
| Revati/Ashvini Nakshatra Sobhana/Abhiganda* Yoga Vanja/Visli* Karana Dashahamam Titau       |                   | Sun 9 Sutra 68        |                |                 |                       |
| Gulika  | 6:35AM - 8:24AM   | Revati Until 10:05AM  | Ganesh: White  | Sunrise: 4:46AM | Vasarasu 5:127        |
| Yama  | 3:39PM - 5:28PM   | Sobhana Until 12:15PM | Muruga: Red    | Sunset: 7:17PM  | Moon 5 - Phase 10 - 9 |
| 311518571 Rahu  | 10:13AM - 12:02PM | Vanija Until 9:09AM   | Nataraja: Blue |                 | 2nd Phase             |
| Creative Work   | Siddha Yoga       | Dashami Until 7:49PM  | Moon - Clear   |                 | Subha Sivaloka Day    |
| Until 10:05AM   |                   |                       |                |                 |                       |
| Then Creative Work - Amrita Yoga  |                   |                       |                |                 |                       |

# 2 Saturday, June 21, 2025

|  |                  |                         |                |                 |                        |
|--|------------------|-------------------------|----------------|-----------------|------------------------|
| Viswasa Nama Samvatsara Uтарыяне Нартапа Рітау Міхуна Маса Кішна Паке: Марта Васара Yuktayam |                  | Memphis, TN             |                |                 |                        |
| Ashvini/Bharani Nakshatra Abhiganda* Sukama Yoga Bava/Kaava Karana Ekadashi/Dwadashyam Titau |                  | Sun 10 Sutra 69         |                |                 |                        |
| Gulika   | 4:46AM - 6:35AM  | Ashvini Until 8:18AM    | Ganesh: Yellow | Sunrise: 4:46AM | Vasarasu 5:127         |
| Yama   | 1:51PM - 3:40PM  | Abhiganda* Until 8:56AM | Muruga: Red    | Sunset: 7:18PM  | Moon 5 - Phase 10 - 10 |
| 321518571 Rahu   | 8:24AM - 10:13AM | Bava Until 6:26AM       | Nataraja: Blue |                 | 2nd Phase              |
| Creative Work  | Siddha Yoga      | Ekadashi* Until 4:57PM  | Moon - White   |                 | Sivaloka Day           |
|  |                  |                         |                |                 |                        |
|  |                  |                         |                |                 |                        |

# 3 Sunday, June 22, 2025

|   |                    |                         |                |                 |                        |
|---|--------------------|-------------------------|----------------|-----------------|------------------------|
| Viswasa Nama Samvatsara Dakshinaya Nartana Ritau Mihuna Mase Krishna Paksho Bhanu Vasara Yuktayam |                    | Memphis, TN             |                |                 |                        |
| Bharani/Krittika Nakshatra Dhriti Yoga Talilla/Gara Karana Dvadashi/Trayodashyam Titau            |                    | Sun 11 Sutra 70         |                |                 |                        |
| Gulika  | 3:40PM - 5:29PM    | Bharani Until 6:06AM    | Ganesh: Yellow | Sunrise: 4:46AM | Vasarasu 5:127         |
| Yama  | 12:02PM - 1:51PM   | Dhriti Until 1:45AM Mon | Muruga: Red    | Sunset: 7:18PM  | Moon 5 - Phase 10 - 11 |
| 321518571 Rahu  | 5:29PM - 7:18PM    | Gara Until 12:16AM Mon  | Nataraja: Blue |                 | 2nd Phase              |
| Routine Work  | Prabalarishta Yoga | Dvadashi* Until 1:51PM  | Moon - White   |                 | Sivaloka Day           |
| Until 6:06AM  |                    |                         |                |                 |                        |
| Then Creative Work - Siddha Yoga  |                    |                         |                |                 |                        |
|   |                    |                         |                |                 |                        |

# 4 Monday, June 23, 2025

|  |                   |                           |                |                 |                        |
|--|-------------------|---------------------------|----------------|-----------------|------------------------|
| Viswasa Nama Samvatsara Dakshinaya Nartana Ritau Mihuna Mase Krishna Paksho Indu Vasara Yuktayam |                   | Memphis, TN               |                |                 |                        |
| Rohini Nakshatra Shula* Yoga Vanja/Visli* Karana Trayodashi/Chaturdashyam Titau                  |                   | Sun 12 Sutra 71           |                |                 |                        |
| Gulika   | 1:51PM - 3:40PM   | Rohini Until 1:22AM Tue   | Ganesh: Red    | Sunrise: 4:47AM | Vasarasu 5:127         |
| Yama   | 10:13AM - 12:02PM | Shula* Until 10:03PM      | Muruga: Red    | Sunset: 7:18PM  | Moon 5 - Phase 10 - 12 |
| 311518571 Rahu   | 6:36AM - 8:24AM   | Visli Until 9:04PM        | Nataraja: Blue |                 | 2nd Phase              |
| Creative Work  | Amrita Yoga       | Trayodashi* Until 10:39AM | Moon - Yellow  |                 | Sivaloka Day           |
| Until 1:22AM Tue   |                   |                           |                |                 |                        |
| Then Creative Work - Siddha Yoga   |                   |                           |                |                 |                        |
|  |                   |                           |                |                 |                        |

# ● Tuesday, June 24, 2025

|   |                  |                           |                |                 |                        |
|---|------------------|---------------------------|----------------|-----------------|------------------------|
| Viswasa Nama Samvatsara Dakshinaya Nartana Ritau Mihuna Mase Krishna Paksho Mangala Vasara Yuktayam |                  | Memphis, TN               |                |                 |                        |
| Meghisra Nakshatra Ganda* Yoga Sakuni/Caturpada* Karana Chaturdashi/Amavasyam Titau                 |                  | Sun 13 Sutra 72           |                |                 |                        |
| Gulika  | 12:02PM - 1:51PM | Meghisra Until 11:10PM    | Ganesh: Red    | Sunrise: 4:47AM | Vasarasu 5:127         |
| Yama  | 8:25AM - 10:14AM | Ganda* Until 6:28PM       | Muruga: Red    | Sunset: 7:18PM  | Moon 5 - Phase 10 - 13 |
| 311518571 Rahu  | 3:40PM - 5:29PM  | Caturpada Until 6:00PM    | Nataraja: Blue |                 | Amavasya               |
| Creative Work   | Siddha Yoga      | Chaturdashi* Until 7:29AM | Moon - Yellow  |                 | Sivaloka Day           |
| Until 11:10PM   |                  |                           |                |                 |                        |
| Then Routine Work - Marana Yoga   |                  |                           |                |                 |                        |
|   |                  |                           |                |                 |                        |

# Wednesday, June 25, 2025

|   |                   |                            |                |                 |                        |
|---|-------------------|----------------------------|----------------|-----------------|------------------------|
| Viswasa Nama Samvatsara Dakshinaya Nartana Ritau Mihuna Mase Sukta Paksho Budha Vasara Yuktayam |                   | Memphis, TN                |                |                 |                        |
| Ardra Nakshatra Widdhi/Dhruva Yoga Kinlughna* Bava Karana Prathahamam Titau                     |                   | Sun 14 Sutra 73            |                |                 |                        |
| Gulika  | 10:14AM - 12:03PM | Ardra Until 9:08PM         | Ganesh: Red    | Sunrise: 4:47AM | Vasarasu 5:127         |
| Yama  | 6:36AM - 8:25AM   | Widdhi Until 3:08PM        | Muruga: Red    | Sunset: 7:18PM  | Moon 5 - Phase 10 - 14 |
| 311518571 Rahu  | 12:03PM - 1:52PM  | Kinlughna Until 3:12PM     | Nataraja: Blue |                 | Prathama               |
| Creative Work   | Siddha Yoga       | Prathama* Until 1:56AM Thu | Moon - Yellow  |                 | Sivaloka Day           |
|   |                   |                            |                |                 |                        |
|   |                   |                            |                |                 |                        |

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

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|                     |             |                                   |                               |   |                        |                      |                           |
|---------------------|-------------|-----------------------------------|-------------------------------|---|------------------------|----------------------|---------------------------|
| <b>1</b>            |             | <b>Thursday, June 26, 2025</b>    |                               | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Guru Vasara Yuktayam<br>Panarasu Nakshatra Dhruvu/Vyaghata* Yoga Balava/Kaulava Karana Dilityayam Titau |                        | Memphis, TN<br>Su 15 | Sutra 74<br>Vasarasu 5127 |
| Mithuna Rasi: 25.11 | Tilhi 2     | <b>Gulika</b><br>8:25AM - 10:14AM | <b>Punarvasu Until 7:52PM</b> | <b>Ganesha:</b> White   | <b>Sunrise:</b> 4:46AM |                      |                           |
|                     |             | <b>Yama</b><br>4:48AM - 6:36AM    | <b>Dhruva Until 12:09PM</b>   | <b>Muruga:</b> Red  | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 17    |
| Creative Work       | Amrita Yoga | <b>Rahu</b><br>1:52PM - 3:41PM    | <b>Balava Until 12:50PM</b>   | <b>Nataraja:</b> Blue   |                        |                      | 3rd Phase                 |
|                     |             |                                   | <b>Dvitiya Until 11:51PM</b>  | <b>Moon - Blue</b>  |                        |                      | <b>Devaloka Day</b>       |
|                     |             |                                   |                               | <b>Aashakaradi</b>  |                        |                      |                           |

|                    |             |                                  |                               |   |                        |                      |                           |
|--------------------|-------------|----------------------------------|-------------------------------|---|------------------------|----------------------|---------------------------|
| <b>2</b>           |             | <b>Friday, June 27, 2025</b>     |                               | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Sulra Vasara Yuktayam<br>Pushya Nakshatra Vyaghata*/Harshana/Yajna* Karana Tirityayam Titau |                        | Memphis, TN<br>Su 16 | Sutra 75<br>Vasarasu 5127 |
| Kalkata Rasi: 9.11 | Tilhi 3     | <b>Gulika</b><br>6:37AM - 8:25AM | <b>Pushya Until 7:06PM</b>    | <b>Ganesha:</b> White   | <b>Sunrise:</b> 4:46AM |                      |                           |
|                    |             | <b>Yama</b><br>3:41PM - 5:30PM   | <b>Vyaghata* Until 9:39AM</b> | <b>Muruga:</b> Red  | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 16    |
| Routine Work       | Marana Yoga | <b>Rahu</b><br>10:14AM - 12:03PM | <b>Tailita Until 11:04AM</b>  | <b>Nataraja:</b> Blue   |                        |                      | 3rd Phase                 |
|                    |             |                                  | <b>Tritiya Until 10:25PM</b>  | <b>Moon - Blue</b>  |                        |                      | <b>Devaloka Day</b>       |
|                    |             |                                  |                               | <b>Aashakaradi</b>  |                        |                      |                           |

|                                  |             |                                  |                                |  |                        |                      |                           |
|----------------------------------|-------------|----------------------------------|--------------------------------|--|------------------------|----------------------|---------------------------|
| <b>3</b>                         |             | <b>Saturday, June 28, 2025</b>   |                                | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Marita Vasara Yuktayam<br>Magha* Nakshatra Harshana/Yajna* Yoga Vanja/Velil* Karana Chaturthayam Titau |                        | Memphis, TN<br>Su 17 | Sutra 76<br>Vasarasu 5127 |
| Kalkata Rasi: 22.46              | Tilhi 4     | <b>Gulika</b><br>4:48AM - 6:37AM | <b>Ashlesha* Until 6:55PM</b>  | <b>Ganesha:</b> White  | <b>Sunrise:</b> 4:46AM |                      |                           |
|                                  |             | <b>Yama</b><br>1:52PM - 3:41PM   | <b>Harshana Until 7:45AM</b>   | <b>Muruga:</b> Red   | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 17    |
| Routine Work                     | Marana Yoga | <b>Rahu</b><br>8:26AM - 10:15AM  | <b>Vanija Until 10:01AM</b>    | <b>Nataraja:</b> Blue  |                        |                      | 3rd Phase                 |
| Until 6:55PM                     |             |                                  | <b>Chaturthi* Until 9:46PM</b> | <b>Moon - Blue</b>   |                        |                      | <b>Devaloka Day</b>       |
| Then Creative Work - Amrita Yoga |             |                                  |                                | <b>Aashakaradi</b>   |                        |                      |                           |

|                                  |             |                                  |                              |  |                        |                      |                           |
|----------------------------------|-------------|----------------------------------|------------------------------|--|------------------------|----------------------|---------------------------|
| <b>4</b>                         |             | <b>Sunday, June 29, 2025</b>     |                              | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Bharu Vasara Yuktayam<br>Magha* Nakshatra Vajra*/Siddhi Yoga Bava/Balava Karana Panchmayam Titau |                        | Memphis, TN<br>Su 18 | Sutra 77<br>Vasarasu 5127 |
| Simha Rasi: 5.55                 | Tilhi 5     | <b>Gulika</b><br>3:41PM - 5:30PM | <b>Magha* Until 7:52PM</b>   | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 4:46AM |                      |                           |
|                                  |             | <b>Yama</b><br>12:03PM - 1:52PM  | <b>Vajra* Until 6:28AM</b>   | <b>Muruga:</b> Red   | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 18    |
| Routine Work                     | Marana Yoga | <b>Rahu</b><br>5:30PM - 7:18PM   | <b>Bava Until 9:46AM</b>     | <b>Nataraja:</b> Blue  |                        |                      | 3rd Phase                 |
| Until 7:52PM                     |             |                                  | <b>Panchami Until 9:57PM</b> | <b>Moon - Red</b>  |                        |                      | <b>Sivaloka Day</b>       |
| Then Creative Work - Siddha Yoga |             |                                  |                              | <b>Aashakaradi</b>   |                        |                      |                           |

|                            |             |                                  |                                    |  |                        |                      |                           |
|----------------------------|-------------|----------------------------------|------------------------------------|--|------------------------|----------------------|---------------------------|
| <b>5</b>                   |             | <b>Monday, June 30, 2025</b>     |                                    | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Indu Vesara Yuktayam<br>Purvaphalguni Nakshatra Vyalipala* Yoga Kaulava/Tailita Karana Shashthiyam Titau |                        | Memphis, TN<br>Su 19 | Sutra 78<br>Vasarasu 5127 |
| Simha Rasi: 18.39          | Tilhi 6     | <b>Gulika</b><br>1:52PM - 3:41PM | <b>Purvaphalguni Until 9:26PM</b>  | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 4:46AM |                      |                           |
| <b>Family Home Evening</b> |             | <b>Yama</b><br>10:15AM - 12:04PM | <b>Vyalipala* Until 5:52AM Tue</b> | <b>Muruga:</b> Red   | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 19    |
| Creative Work              | Siddha Yoga | <b>Rahu</b><br>6:38AM - 8:26AM   | <b>Kaulava Until 10:21AM</b>       | <b>Nataraja:</b> Blue  |                        |                      | 3rd Phase                 |
|                            |             |                                  | <b>Shashthi* Until 10:55PM</b>     | <b>Moon - Red</b>  |                        |                      | <b>Sivaloka Day</b>       |
|                            |             |                                  |                                    | <b>Aashakaradi</b>   |                        |                      |                           |

|                                  |             |                                   |                                     |  |                        |                      |                           |
|----------------------------------|-------------|-----------------------------------|-------------------------------------|--|------------------------|----------------------|---------------------------|
| <b>6</b>                         |             | <b>Tuesday, July 1, 2025</b>      |                                     | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Mangala Vesara Yuktayam<br>Uttaraphalguni Nakshatra Varjyan Yoga Gara/Vanija Karana Sapthmayam Titau |                        | Memphis, TN<br>Su 20 | Sutra 79<br>Vasarasu 5127 |
| Kanya Rasi: 1.02                 | Tilhi 7     | <b>Gulika</b><br>12:04PM - 1:52PM | <b>Uttaraphalguni Until 11:31PM</b> | <b>Ganesha:</b> Clear  | <b>Sunrise:</b> 4:46AM |                      |                           |
|                                  |             | <b>Yama</b><br>8:27AM - 10:15AM   | <b>Varjyan Until 6:20AM Wed</b>     | <b>Muruga:</b> Red   | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 20    |
| Creative Work                    | Amrita Yoga | <b>Rahu</b><br>3:41PM - 5:30PM    | <b>Gara Until 11:41AM</b>           | <b>Nataraja:</b> Blue  |                        |                      | 3rd Phase                 |
| Until 11:31PM                    |             |                                   | <b>Saptami Until 12:34AM Wed</b>    | <b>Moon - Red</b>  |                        |                      | <b>Sivaloka Day</b>       |
| Then Creative Work - Siddha Yoga |             | <b>Chidambaram Abhishekam</b>     |                                     | <b>Aashakaradi</b>   |                        |                      |                           |

|                                  |             |                                    |                                  |   |                        |                      |                           |
|----------------------------------|-------------|------------------------------------|----------------------------------|---|------------------------|----------------------|---------------------------|
| <b>7</b>                         |             | <b>Wednesday, July 2, 2025</b>     |                                  | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Budha Vasara Yuktayam<br>Hasta Nakshatra Parigha*/Shiva Yoga Vasil*/Bava Karana Ashtmayam Titau |                        | Memphis, TN<br>Su 21 | Sutra 80<br>Vasarasu 5127 |
| <b>Retreat Star</b>              |             | <b>Gulika</b><br>10:16AM - 12:04PM | <b>Hasta Until 2:25AM Thu</b>    | <b>Ganesha:</b> Purple  | <b>Sunrise:</b> 4:50AM |                      |                           |
| Kanya Rasi: 13.09                | Tilhi 8     | <b>Yama</b><br>6:38AM - 8:27AM     | <b>Varjyan Until 6:20AM</b>      | <b>Muruga:</b> Red  | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 21    |
| Routine Work                     | Marana Yoga | <b>Rahu</b><br>12:04PM - 1:53PM    | <b>Vasil Until 1:37PM</b>        | <b>Nataraja:</b> Blue   |                        |                      | Ashtami                   |
| Until 2:25AM Thu                 |             |                                    | <b>Ashtami* Until 2:43AM Thu</b> | <b>Moon - Green</b>   |                        |                      | <b>Devaloka Day</b>       |
| Then Creative Work - Siddha Yoga |             |                                    |                                  | <b>Aashakaradi</b>  |                        |                      |                           |

|                     |             |                                   |                                 |   |                        |                      |                           |
|---------------------|-------------|-----------------------------------|---------------------------------|---|------------------------|----------------------|---------------------------|
| <b>8</b>            |             | <b>Thursday, July 3, 2025</b>     |                                 | Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Mithuna Mase Sukta Paksho Guru Vesara Yuktayam<br>Chitra Nakshatra Parigha*/Shiva Yoga Balava/Kaulava Karana Navamyam Titau |                        | Memphis, TN<br>Su 22 | Sutra 81<br>Vasarasu 5127 |
| <b>Retreat Star</b> |             | <b>Gulika</b><br>8:27AM - 10:16AM | <b>Chitra Until 5:24AM Fri</b>  | <b>Ganesha:</b> Purple  | <b>Sunrise:</b> 4:50AM |                      |                           |
| Kanya Rasi: 25.06   | Tilhi 9     | <b>Yama</b><br>4:50AM - 6:39AM    | <b>Parigha* Until 7:09AM</b>    | <b>Muruga:</b> Red  | <b>Sunset:</b> 7:18PM  |                      | Moon 5 - Phase 11 - 22    |
| Creative Work       | Siddha Yoga | <b>Rahu</b><br>1:53PM - 3:41PM    | <b>Balava Until 3:56PM</b>      | <b>Nataraja:</b> Blue   |                        |                      | Navami                    |
|                     |             |                                   | <b>Navami* Until 5:07AM Fri</b> | <b>Moon - Green</b>   |                        |                      | <b>Devaloka Day</b>       |
|                     |             |                                   |                                 | <b>Aashakaradi</b>  |                        |                      |                           |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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# 1 Friday, July 4, 2025

Tula Rasi: 6.57 TITHI 10  
Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Sukra Vasara Yukityam  
Svali/Nakshatra Shiv/Siddha Yoga Talila Karana Dashmyam Titau

|        |                   |                         |                |                               |
|--------|-------------------|-------------------------|----------------|-------------------------------|
| Gulika | 6:39AM - 8:28AM   | Svali Untill 8:14AM Sat | Ganesh: Purple | Sunrise: 4:51AM               |
| Yama   | 3:41PM - 5:30PM   | Shiva Untill 8:09AM     | Muruga: Red    | Sunset: 7:18PM                |
| Rahu   | 10:16AM - 12:04PM | Tailila Untill 6:22PM   | Nataraja: Blue | Moon 5 - Phase 12 - 4th Phase |

Dashami Untill 7:33AM Sat  
Aashlahei Aui

Memphis, TN  
Sutra 82  
Vasvasu 5:17  
Moon 5 - Phase 12 - 4th Phase

# 2 Saturday, July 5, 2025

Tula Rasi: 18.48 TITHI 10 - 11  
Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Merita Vasara Yukityam  
Svali/Vishakha Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Dashami/Ekadasmyam Titau

|        |                  |                      |                |                               |
|--------|------------------|----------------------|----------------|-------------------------------|
| Gulika | 4:51AM - 6:40AM  | Svali Untill 8:14AM  | Ganesh: Purple | Sunrise: 4:51AM               |
| Yama   | 1:53PM - 3:41PM  | Siddha Untill 9:07AM | Muruga: Red    | Sunset: 7:18PM                |
| Rahu   | 8:28AM - 10:16AM | Vanija Untill 8:44PM | Nataraja: Blue | Moon 5 - Phase 12 - 4th Phase |

Dashami Untill 7:33AM  
Aashlahei Aui

Memphis, TN  
Sutra 83  
Vasvasu 5:17  
Moon 5 - Phase 12 - 4th Phase

# 3 Sunday, July 6, 2025

Wischika Rasi: 0.43 TITHI 11 - 12  
Routine Work Marana Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Bharu Vasara Yukityam  
Vishakha/Anuradha Nakshatra Sadhya/Subha Yoga Visti/Bava Karana Ekadashi/Dwadashmyam Titau

|        |                  |                         |                |                               |
|--------|------------------|-------------------------|----------------|-------------------------------|
| Gulika | 3:41PM - 5:29PM  | Vishakha Untill 11:13AM | Ganesh: Purple | Sunrise: 4:52AM               |
| Yama   | 12:05PM - 1:53PM | Sadhya Untill 9:57AM    | Muruga: Red    | Sunset: 7:18PM                |
| Rahu   | 5:29PM - 7:18PM  | Bava Untill 10:49PM     | Nataraja: Blue | Moon 5 - Phase 12 - 4th Phase |

Ekadashi Untill 9:47AM  
Aashlahei Aui

Memphis, TN  
Sutra 84  
Vasvasu 5:17  
Moon 5 - Phase 12 - 4th Phase

# 4 Monday, July 7, 2025

Wischika Rasi: 12.46 TITHI 12 - 13  
Family Home Evening  
Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Indu Vasara Yukityam  
Anuradha/Jyeshtha Nakshatra Subha/Sukla Yoga Balava/Kaulava Karana Dvadashi/Trayodshmyam Titau

|        |                   |                            |                |                               |
|--------|-------------------|----------------------------|----------------|-------------------------------|
| Gulika | 1:53PM - 3:41PM   | Anuradha Untill 1:42PM     | Ganesh: Purple | Sunrise: 4:52AM               |
| Yama   | 10:17AM - 12:05PM | Subha Untill 10:33AM       | Muruga: Red    | Sunset: 7:17PM                |
| Rahu   | 6:40AM - 8:29AM   | Kaulava Untill 12:31AM Tue | Nataraja: Blue | Moon 5 - Phase 12 - 4th Phase |

Dvadashi Untill 11:42AM  
Aashlahei Aui

Pradosha Vata

Memphis, TN  
Sutra 85  
Vasvasu 5:17  
Moon 5 - Phase 12 - 4th Phase

# 5 Tuesday, July 8, 2025

Wischika Rasi: 24.58 TITHI 13 - 14  
Routine Work Marana Yoga  
Untill 3:36PM  
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Mangala Vasara Yukityam  
Jyeshtha/Mula Nakshatra Sukla/Brahma Yoga Talila/Gara Karana Trayodashi/Chaturdshmyam Titau

|        |                  |                        |                |                               |
|--------|------------------|------------------------|----------------|-------------------------------|
| Gulika | 12:05PM - 1:53PM | Jyeshtha Untill 3:36PM | Ganesh: Purple | Sunrise: 4:53AM               |
| Yama   | 8:29AM - 10:17AM | Sukla Untill 10:47AM   | Muruga: Red    | Sunset: 7:17PM                |
| Rahu   | 3:41PM - 5:29PM  | Gara Untill 1:45AM Wed | Nataraja: Blue | Moon 5 - Phase 12 - 4th Phase |

Trayodashi Untill 1:10PM  
Aashlahei Aui

Memphis, TN  
Sutra 86  
Vasvasu 5:17  
Moon 5 - Phase 12 - 4th Phase

# Wednesday, July 9, 2025

Copper Retreat Star  
Dhanus Rasi: 7.23 TITHI 14 - 15  
Routine Work Marana Yoga  
Untill 5:21PM  
Then Creative Work - Amrita Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Sukla Paksha Budha Vasara Yukityam  
Mula/Purvashadha Nakshatra Brahma/Indra Yoga Vanija/Visti Karana Chaturdashi/Purnimayam Titau

|        |                   |                         |                |                             |
|--------|-------------------|-------------------------|----------------|-----------------------------|
| Gulika | 10:17AM - 12:05PM | Mula Untill 5:21PM      | Ganesh: Clear  | Sunrise: 4:53AM             |
| Yama   | 6:41AM - 8:29AM   | Brahma Untill 10:39AM   | Muruga: Red    | Sunset: 7:17PM              |
| Rahu   | 12:05PM - 1:53PM  | Visti Untill 2:29AM Thu | Nataraja: Blue | Moon 5 - Phase 12 - Purnima |

Satguru Purnima  
Chalurdashi Untill 2:09PM  
Aashlahei Aui

Memphis, TN  
Sutra 87  
Vasvasu 5:17  
Moon 5 - Phase 12 - Purnima

# Thursday, July 10, 2025

Silver Retreat Star  
Dhanus Rasi: 20.01 TITHI 15 - 16  
Creative Work Siddha Yoga  
Untill 6:28PM  
Then Routine Work - Marana Yoga

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksha Guru Vasara Yukityam  
Purvashadha Nakshatra Indra/Vaidhriti Yoga Bava/Balava Karana Purnima/Prathmayam Titau

|        |                  |                           |                |                              |
|--------|------------------|---------------------------|----------------|------------------------------|
| Gulika | 8:30AM - 10:18AM | Purvashadha Untill 6:28PM | Ganesh: White  | Sunrise: 4:54AM              |
| Yama   | 4:54AM - 6:42AM  | Indra Untill 10:09AM      | Muruga: Red    | Sunset: 7:17PM               |
| Rahu   | 1:53PM - 3:41PM  | Balava Untill 2:45AM Fri  | Nataraja: Blue | Moon 5 - Phase 12 - Prathama |

Purnima Untill 2:40PM  
Aashlahei Aui

Memphis, TN  
Sutra 88  
Vasvasu 5:17  
Moon 5 - Phase 12 - Prathama

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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Friday, July 11, 2025

Gold Retreat Star

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Sukra Vasara Yuktayam  
Uttarashadha Nakshatra Vaidhri/Vishkambha\* Yoga Kaulava/Taila Karana Prathama/Dhivayam TitauMemphis, TN  
Sutra 89

|                            |               |  |  |   |                                   |   |
|----------------------------|---------------|--|--|---|-----------------------------------|---|
| Makara Rasi: 2.52          | Tithi 16 - 17 | Gulika 6:42AM - 8:30AM<br>Yama 3:41PM - 5:29PM<br>Rahu 10:18AM - 12:05PM | Uttarashadha Until 6:59PM<br>Vaidhri* Until 9:15AM<br>Taila Until 2:35AM Sat<br>Prathama* Until 2:42PM | Ganesh: White<br>Muruga: Red<br>Nataraja: Blue<br>Moon - Light Blue | Sunrise: 4:55AM<br>Sunset: 7:16PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 1st Phase |
| Routine Work - Marana Yoga |               | <b>Subha Sivaloka Day</b>  |  |   |                                   |   |

1

Saturday, July 12, 2025

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Manita Vasara Yuktayam  
Shravana Nakshatra Vishkambha\* Priti Yoga Gara/Vanija Karana Dwija/Tritiyayam TitauMemphis, TN  
Sutra 90

|                             |               |   |  |  |                                   |   |
|-----------------------------|---------------|---|--|--|-----------------------------------|---|
| Makara Rasi: 15.56          | Tithi 17 - 18 | Gulika 4:55AM - 6:43AM<br>Yama 1:53PM - 3:41PM<br>Rahu 8:30AM - 10:18AM | Shravana Until 7:24PM<br>Vishkambha* Until 8:02AM<br>Vanija Until 2:01AM Sun<br>Dvitiya Until 2:19PM | Ganesh: Yellow<br>Muruga: Red<br>Nataraja: Blue<br>Moon - Purple | Sunrise: 4:55AM<br>Sunset: 7:16PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 1st Phase |
| Creative Work - Siddha Yoga |               | <b>Sivaloka Day</b>   |  |  |                                   |   |

2

Sunday, July 13, 2025

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Bhanu Vasara Yuktayam  
Dhanishtha Nakshatra Priti/Ayushman Yoga Visi\* Bava Karana Tritiya/Chaturthayam TitauMemphis, TN  
Sutra 91

|  |               |   |  |  |                                   |   |
|--|---------------|---|--|--|-----------------------------------|---|
| Makara Rasi: 29.12   | Tithi 18 - 19 | Gulika 3:41PM - 5:28PM<br>Yama 12:06PM - 1:53PM<br>Rahu 5:28PM - 7:16PM | Dhanishtha Until 7:19PM<br>Priti Until 6:32AM<br>Bava Until 1:06AM Mon<br>Tritiya Until 1:35PM | Ganesh: Yellow<br>Muruga: Red<br>Nataraja: Blue<br>Moon - Purple | Sunrise: 4:56AM<br>Sunset: 7:16PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 2 1st Phase |
| Routine Work - Marana Yoga<br>Until 7:19PM<br>Then Creative Work - Siddha Yoga |               | <b>Sivaloka Day</b>   |  |  |                                   |   |

3

Monday, July 14, 2025

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Indu Vasara Yuktayam  
Shalabhishak Nakshatra Saubhagya Yoga Balava/Kaulava Karana Chaturthi/Panchamayam TitauMemphis, TN  
Sutra 92

|  |               |  |  |  |                                   |   |
|--|---------------|--|--|--|-----------------------------------|---|
| Kumbha Rasi: 12.4  | Tithi 19 - 20 | Gulika 1:53PM - 3:41PM<br>Yama 10:18AM - 12:06PM<br>Rahu 6:44AM - 8:31AM | Shalabhishak Until 6:47PM<br>Saubhagya Until 2:41AM Tue<br>Kaulava Until 11:53PM<br>Chaturthi* Until 12:31PM | Ganesh: Yellow<br>Muruga: Red<br>Nataraja: Blue<br>Moon - Purple | Sunrise: 4:56AM<br>Sunset: 7:15PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 3 1st Phase |
| Creative Work - Siddha Yoga<br>Until 6:47PM<br>Then Routine Work - Marana Yoga |               | <b>Sivaloka Day</b>  |  |  |                                   |   |

4

Tuesday, July 15, 2025

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Mihuna Mase Krishna Paksho Mangala Vasara Yuktayam  
Puravrosrothapada\* Nakshatra Sobhana Yoga Taila/Gara Karana Panchami/Shashthiyam TitauMemphis, TN  
Sutra 93

|  |               |  |  |   |                                   |   |
|--|---------------|--|--|---|-----------------------------------|---|
| Kumbha Rasi: 26.18   | Tithi 20 - 21 | Gulika 12:06PM - 1:53PM<br>Yama 8:31AM - 10:19AM<br>Rahu 3:40PM - 5:28PM | Puravrosrothapada* Until 6:15PM<br>Sobhana Until 12:26AM Wed<br>Gara Until 10:23PM<br>Panchami Until 11:09AM | Ganesh: Purple<br>Muruga: Red<br>Nataraja: Blue<br>Moon - Clear | Sunrise: 4:57AM<br>Sunset: 7:15PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 4 1st Phase |
| Routine Work - Marana Yoga<br>Until 6:15PM<br>Then Creative Work - Amrita Yoga |               | <b>Devaloka Day</b>  |  |   |                                   |   |

5

Wednesday, July 16, 2025

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Budha Vasara Yuktayam  
Uttarproshthapada\* Revati Nakshatra Ahiganda\* Yoga Vanija/Visi\* Karana Shashthi/Saptamiyam TitauMemphis, TN  
Sutra 94

|  |               |   |   |   |                                   |   |
|--|---------------|---|---|---|-----------------------------------|---|
| Meena Rasi: 10.06  | Tithi 21 - 22 | Gulika 10:19AM - 12:06PM<br>Yama 6:45AM - 8:32AM<br>Rahu 12:06PM - 1:53PM | Uttarproshthapada Until 5:19PM<br>Ahiganda* Until 9:56PM<br>Visi Until 8:38PM<br>Shashthi* Until 9:32AM | Ganesh: Purple<br>Muruga: Red<br>Nataraja: Yellow<br>Moon - Clear | Sunrise: 4:58AM<br>Sunset: 7:16PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 5 1st Phase |
| Creative Work - Siddha Yoga<br>Until 5:19PM<br>Then Routine Work - Marana Yoga |               | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM                           |   |   |                                   |   |

D

Thursday, July 17, 2025

Retreat Star

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Sukra Vasara Yuktayam  
Revati/Ashvini Nakshatra Sukarma Yoga Bava/Balava Karana Saptami/Ashtamayam TitauMemphis, TN  
Sutra 95

|   |               |   |  |   |                                   |   |
|---|---------------|---|--|---|-----------------------------------|---|
| Meena Rasi: 24.03   | Tithi 22 - 23 | Gulika 8:32AM - 10:19AM<br>Yama 4:58AM - 6:45AM<br>Rahu 1:53PM - 3:40PM | Revati Until 3:59PM<br>Sukarma Until 7:16PM<br>Balava Until 6:38PM<br>Saptami Until 7:39AM | Ganesh: Purple<br>Muruga: Red<br>Nataraja: Yellow<br>Moon - Clear | Sunrise: 4:58AM<br>Sunset: 7:16PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 6 Ashtami |
| Creative Work - Siddha Yoga<br>Until 3:59PM<br>Then Creative Work - Amrita Yoga |               | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM                         |  |   |                                   |   |

Friday, July 18, 2025

Retreat Star

Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Paksho Sukra Vasara Yuktayam  
Ashvini/Bharani Nakshatra Dhriti/Shula\* Yoga Taila/Gara Karana Navamiyam TitauMemphis, TN  
Sutra 96

|   |          |  |   |  |                                   |  |
|---|----------|--|---|--|-----------------------------------|--|
| Mesha Rasi: 8.1   | Tithi 24 | Gulika 6:46AM - 8:33AM<br>Yama 3:40PM - 5:26PM<br>Rahu 10:19AM - 12:06PM | Ashvini Until 2:43PM<br>Dhriti Until 4:26PM<br>Taila Until 4:25PM<br>Navami* Until 3:13AM Sat | Ganesh: Clear<br>Muruga: Red<br>Nataraja: Yellow<br>Moon - White | Sunrise: 4:59AM<br>Sunset: 7:13PM | Vasarasu 5:127<br>Moon 6 - Phase 13 - 7 Navami |
| Creative Work - Amrita Yoga<br>Until 2:43PM<br>Then Creative Work - Siddha Yoga |          | <b>Devaloka Day</b>  |   |  |                                   |  |

|   |                                |          |  |   |  |   |                         |
|---|--------------------------------|----------|--|---|--|---|-------------------------|
| <b>1</b>  | <b>Saturday, July 19, 2025</b> |          | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Krishna Pakche Manu Vasara Yuktayam<br>Bharani/Kritika Nakshatra Shula/Ganda* Yoga Vanija/Visli* Karana Dashamyam Titau |   |  |   | Memphis, TN<br>Sutra 97 |
|   | Mesha Rasi: 22.24              | Tithi 25 | <b>Gulika</b><br>5:00AM – 6:46AM<br>Yama<br>1:53PM – 3:39PM<br>433618572 Rahu<br>8:33AM – 10:20AM  | <b>Bharani Until 1:07PM</b><br>Shula* Until 1:24PM<br>Vanija Until 2:01PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – White | Sunrise: 5:00AM<br>Sunset: 7:12PM<br>Moon 6 - Phase 14 - 8<br>2nd Phase | <b>Devaloka Day</b>     |
| Creative Work Siddha Yoga<br>Until 1:07PM<br>Then Creative Work - Amrita Yoga |                                |          |  |   |  |   |                         |

|   |                              |          |   |  |  |   |                         |
|---|------------------------------|----------|---|--|--|---|-------------------------|
| <b>2</b>  | <b>Sunday, July 20, 2025</b> |          | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Krishna Pakche Bhanu Vasara Yuktayam<br>Kritika/Rohini Nakshatra Ganda/Vidhi* Yoga Bava/Balava Karana Ekadashyam Titau |  |  |   | Memphis, TN<br>Sutra 98 |
|   | Wishabha Rasi: 6.45          | Tithi 26 | <b>Gulika</b><br>3:39PM – 5:26PM<br>Yama<br>12:06PM – 1:53PM<br>433618572 Rahu<br>5:26PM – 7:12PM   | <b>Kritika Until 11:15AM</b><br>Ganda* Until 10:18AM<br>Bava Until 11:29AM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – White | Sunrise: 5:00AM<br>Sunset: 7:12PM<br>Moon 6 - Phase 14 - 9<br>2nd Phase | <b>Devaloka Day</b>     |
| Creative Work Siddha Yoga<br>Ekadashi* Until 10:11PM<br>Aushatini |                              |          |   |  |  |   |                         |

|   |                              |          |  |   |   |  |   |
|---|------------------------------|----------|--|---|---|--|---|
| <b>3</b>  | <b>Monday, July 21, 2025</b> |          | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Krishna Pakche Indu Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Widdhi/Dhruva Yoga Kaulava/Taila Karana Dvadashyam Titau |   |   |  | Memphis, TN<br>Sutra 99                         |
|   | Wishabha Rasi: 21.09         | Tithi 27 | <b>Gulika</b><br>1:53PM – 3:39PM<br>Yama<br>10:20AM – 12:06PM<br>433618572 Rahu<br>6:47AM – 8:34AM   | <b>Rohini Until 9:38AM</b><br>Widdhi Until 7:09AM<br>Kaulava Until 8:55AM | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | Sunrise: 5:01AM<br>Sunset: 7:12PM<br>Moon 6 - Phase 14 - 10<br>2nd Phase | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM |
| Family Home Evening<br>Creative Work Amrita Yoga<br>Dvadashi* Until 7:38PM<br>Aushatini |                              |          |  |   |   |  |   |

|   |                               |               |   |   |   |  |   |
|---|-------------------------------|---------------|---|---|---|--|---|
| <b>4</b>  | <b>Tuesday, July 22, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Krishna Pakche Mangala Vasara Yuktayam<br>Migashira/Ardra Nakshatra Vyaghata* Yoga Gara/Visli* Karana Trayodashi/Chaturdashyam Titau |   |   |  | Memphis, TN<br>Sutra 100                        |
|   | Mithuna Rasi: 5.31            | Tithi 28 – 29 | <b>Gulika</b><br>12:06PM – 1:53PM<br>Yama<br>8:34AM – 10:20AM<br>433618572 Rahu<br>3:39PM – 5:25PM  | <b>Mrigashira Until 7:55AM</b><br>Vyaghata* Until 1:03AM Wed<br>Gara Until 6:24AM | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | Sunrise: 5:02AM<br>Sunset: 7:11PM<br>Moon 6 - Phase 14 - 11<br>2nd Phase | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM |
| Creative Work Siddha Yoga<br>Until 7:55AM<br>Then Routine Work - Marana Yoga<br>Pradosha Vrata (Fasting)<br>Trayodashi* Until 5:11PM<br>Aushatini |                               |               |   |   |   |  |   |

|   |                                 |               |   |   |   |  |   |
|---|---------------------------------|---------------|---|---|---|--|---|
| <b>5</b>  | <b>Wednesday, July 23, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Krishna Pakche Budha Vasara Yuktayam<br>Ardra/Punarvasu Nakshatra Harshana Yoga Sakuni/Catuspada* Karana Amavasya/Annavasyam Titau |   |   |  | Memphis, TN<br>Sutra 101                        |
|   | Mithuna Rasi: 19.45             | Tithi 29 – 30 | <b>Gulika</b><br>10:20AM – 12:06PM<br>Yama<br>6:48AM – 8:34AM<br>433618572 Rahu<br>12:06PM – 1:52PM   | <b>Ardra Until 6:15AM</b><br>Harshana Until 10:20PM<br>Catuspada Until 2:02AM Thu | <b>Ganesha:</b> White<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – Yellow | Sunrise: 5:03AM<br>Sunset: 7:10PM<br>Moon 6 - Phase 14 - 12<br>2nd Phase | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM |
| Creative Work Siddha Yoga<br>Chaturdashy* Until 2:59PM<br>Aushatini |                                 |               |   |   |   |  |   |

|   |                                |              |  |  |  |   |                          |
|---|--------------------------------|--------------|--|--|--|---|--------------------------|
| <b>●</b>  | <b>Thursday, July 24, 2025</b> |              | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Sukla Pakche Guru Vasara Yuktayam<br>Pushya Nakshatra Vajra* Yoga Naga/Kintughna* Karana Amavasya/Prathamam Titau |  |  |   | Memphis, TN<br>Sutra 102 |
|   | Kataka Rasi: 3.47              | Tithi 30 – 1 | <b>Gulika</b><br>8:35AM – 10:21AM<br>Yama<br>5:03AM – 6:49AM<br>444618572 Rahu<br>1:52PM – 3:38PM  | <b>Pushya Until 4:28AM Fri</b><br>Vajra* Until 7:55PM<br>Kintughna Until 12:27AM Fri | <b>Ganesha:</b> Orange<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – Blue | Sunrise: 5:03AM<br>Sunset: 7:09PM<br>Moon 6 - Phase 14 - 13<br>Amavasya | <b>Devaloka Day</b>      |
| Creative Work Amrita Yoga<br>Until 4:28AM Fri<br>Then Routine Work - Marana Yoga<br>Amavasya* Until 1:10PM<br>Aushatini |                                |              |  |  |  |   |                          |

|  |                              |             |  |  |  |   |                          |
|--|------------------------------|-------------|--|--|--|---|--------------------------|
| <b>●</b>   | <b>Friday, July 25, 2025</b> |             | Vishvasu Nama Samvatsare Dakshinaya Naratana Ritau Kataka Mase Sukla Pakche Sukra Vasara Yuktayam<br>Ashlesha* Nakshatra Siddhi/Vyalyapata* Yoga Bava/Balava Karana Prathama/Dvityayam Titau |  |  |   | Memphis, TN<br>Sutra 103 |
|  | Kataka Rasi: 17.31           | Tithi 1 – 2 | <b>Gulika</b><br>6:50AM – 8:35AM<br>Yama<br>3:38PM – 5:23PM<br>444618572 Rahu<br>10:21AM – 12:06PM   | <b>Ashlesha* Until 4:10AM Sat</b><br>Siddhi Until 5:58PM<br>Balava Until 11:27PM | <b>Ganesha:</b> Orange<br><b>Muruga:</b> Red<br><b>Nataraja:</b> Yellow<br>Moon – Blue | Sunrise: 5:04AM<br>Sunset: 7:09PM<br>Moon 6 - Phase 14 - 14<br>Prathama | <b>Devaloka Day</b>      |
| Routine Work Marana Yoga<br>Until 4:10AM Sat<br>Then Creative Work - Amrita Yoga<br>Prathama* Until 11:51AM<br>Aushatini |                              |             |  |  |  |   |                          |

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 Memphis, TN on 2/11/24

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|   |              |  |   |  |                                   |  |                          |
|---|--------------|--|---|--|-----------------------------------|--|--------------------------|
| <b>1 Saturday, July 26, 2025</b>  |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Manita Vasara Yuktayam<br>Magha Nakshatra Vyalpala Varyan Yoga Kaulava/Tailita Karana Dvitiya/Tritiyam Titau               |   |  |                                   | Sun 15   | Memphis, TN<br>Sutra 104 |
| Simha Rasi: 0.55  | Tilthi 2 - 3 | <b>Gulika</b><br>5:05AM - 6:50AM<br>Yama<br>1:52PM - 3:37PM<br>Rahu<br>8:36AM - 10:21AM  | <b>Magha* Until 4:51AM Sun</b><br>Vyalpala* Until 4:34PM<br>Tailita Until 11:06PM<br>Dvitiya Until 11:10AM    | <b>Ganesha: Clear</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Red     | Sunrise: 5:05AM<br>Sunset: 7:08PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 22<br>3rd Phase |                          |
| Creative Work - Amrita Yoga<br>Until 4:51AM Sun<br>Then Creative Work - Siddha Yoga |              |  |   |  |                                   | <b>Devaloka Day</b>                                  |                          |
| <b>2 Sunday, July 27, 2025</b>  |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Bharu Vasara Yuktayam<br>Purvaphalguni Nakshatra Varyan/Patiga* Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau           |   |  |                                   | Sun 16   | Memphis, TN<br>Sutra 105 |
| Simha Rasi: 13.56   | Tilthi 3 - 4 | <b>Gulika</b><br>3:37PM - 5:22PM<br>Yama<br>12:06PM - 1:52PM<br>Rahu<br>5:22PM - 7:07PM  | <b>Purvaphalguni Until 6:05AM Mon</b><br>Varyan Until 3:42PM<br>Vanija Until 11:30PM<br>Tritiya Until 11:11AM | <b>Ganesha: Clear</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Red     | Sunrise: 5:05AM<br>Sunset: 7:07PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 12<br>3rd Phase |                          |
| Creative Work - Siddha Yoga   |              |  |   |  |                                   | <b>Devaloka Day</b>                                  |                          |
| <b>3 Monday, July 28, 2025</b>  |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Parigraha Shiva/Siddha Yoga Babala/Kaulava Karana Panchami/Panchamam Titau |   |  |                                   | Sun 17   | Memphis, TN<br>Sutra 106 |
| Simha Rasi: 26.37   | Tilthi 4 - 5 | <b>Gulika</b><br>1:51PM - 3:37PM<br>Yama<br>10:21AM - 12:06PM<br>Rahu<br>6:51AM - 8:36AM   | <b>Purvaphalguni Until 6:05AM</b><br>Parigraha* Until 3:24PM<br>Bava Until 12:35AM Tue<br>Nag Panchami        | <b>Ganesha: Clear</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Red     | Sunrise: 5:06AM<br>Sunset: 7:07PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 17<br>3rd Phase |                          |
| Family Home Evening<br>Creative Work - Siddha Yoga                                  |              |  |   |  |                                   | <b>Devaloka Day</b>                                  |                          |
| <b>4 Tuesday, July 29, 2025</b>   |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Shiva/Siddha Yoga Babala/Kaulava Karana Panchami/Shashtham Titau       |   |  |                                   | Sun 18   | Memphis, TN<br>Sutra 107 |
| Kanya Rasi: 8.58  | Tilthi 5 - 6 | <b>Gulika</b><br>12:06PM - 1:51PM<br>Yama<br>8:37AM - 10:21AM<br>Rahu<br>3:36PM - 5:21PM   | <b>Uttaraphalguni Until 7:50AM</b><br>Shiva Until 3:38PM<br>Kaulava Until 2:17AM Wed<br>Panchami Until 1:21PM | <b>Ganesha: Clear</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Red     | Sunrise: 5:07AM<br>Sunset: 7:06PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 18<br>3rd Phase |                          |
| Creative Work - Amrita Yoga<br>Until 7:50AM<br>Then Creative Work - Siddha Yoga     |              |  |   |  |                                   | <b>Devaloka Day</b>                                  |                          |
| <b>5 Wednesday, July 30, 2025</b>   |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Budha Vasara Yuktayam<br>Hasta/Chitra Nakshatra Siddha/Sadhya Yoga Tailita/Gara Karana Shashthi/Saptamam Titau             |   |  |                                   | Sun 19   | Memphis, TN<br>Sutra 108 |
| Kanya Rasi: 21.05   | Tilthi 6 - 7 | <b>Gulika</b><br>10:22AM - 12:06PM<br>Yama<br>6:52AM - 8:37AM<br>Rahu<br>12:06PM - 1:51PM  | <b>Hasta Until 10:27AM</b><br>Siddha Until 4:14PM<br>Gara Until 4:26AM Thu<br>Shashthi* Until 3:18PM          | <b>Ganesha: Purple</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Green  | Sunrise: 5:08AM<br>Sunset: 7:05PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 19<br>3rd Phase |                          |
| Routine Work - Marana Yoga<br>Until 10:27AM<br>Then Creative Work - Siddha Yoga     |              |  |   |  |                                   | <b>Sivaloka Day</b>                                  |                          |
| <b>6 Thursday, July 31, 2025</b>  |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Guru Vasara Yuktayam<br>Chitra/Svati Nakshatra Sadhya/Subha Yoga Vailita/Visli* Karana Saptami/Ashthamam Titau             |   |  |                                   | Sun 20   | Memphis, TN<br>Sutra 109 |
| Tula Rasi: 3.03   | Tilthi 7 - 8 | <b>Gulika</b><br>8:37AM - 10:22AM<br>Yama<br>5:08AM - 6:53AM<br>Rahu<br>1:51PM - 3:35PM  | <b>Chitra Until 1:16PM</b><br>Sadhya Until 5:06PM<br>Visli Until 6:47AM Fri<br>Saptami Until 5:34PM           | <b>Ganesha: Purple</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Green  | Sunrise: 5:08AM<br>Sunset: 7:05PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 20<br>3rd Phase |                          |
| Creative Work - Siddha Yoga<br>Until 1:16PM<br>Then Creative Work - Amrita Yoga     |              |  |   |  |                                   | <b>Sivaloka Day</b>                                  |                          |
| <b>Friday, August 1, 2025</b>   |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Sukra Vasara Yuktayam<br>Svati/Vishakha Nakshatra Subha Yoga Visli* Bava Karana Ashthamam Titau                            |   |  |                                   | Sun 21   | Memphis, TN<br>Sutra 110 |
| <b>Retreat Star</b>   |              | <b>Gulika</b><br>6:53AM - 8:38AM<br>Yama<br>3:35PM - 5:19PM<br>Rahu<br>10:22AM - 12:06PM   | <b>Svati Until 4:03PM</b><br>Subha Until 6:03PM<br>Visli Until 6:47AM<br>Ashlami* Until 7:57PM                | <b>Ganesha: Purple</b><br>Munaga: Red<br>Nataraja: Yellow<br>Moon - Green  | Sunrise: 5:09AM<br>Sunset: 7:03PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 21<br>Ashtami   |                          |
| Tula Rasi: 14.56<br>Tilthi 8<br>Creative Work - Siddha Yoga                         |              |  |   |  |                                   | <b>Sivaloka Day</b>                                  |                          |
| <b>Saturday, August 2, 2025</b>   |              | Vishvasu Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mese Sukla Paksha Manita Vasara Yuktayam<br>Vishakha Nakshatra Sukla Yoga Balava/Kaulava Karana Navamam Titau                                |   |  |                                   | Sun 22   | Memphis, TN<br>Sutra 111 |
| <b>Retreat Star</b>   |              | <b>Gulika</b><br>5:10AM - 6:54AM<br>Yama<br>1:50PM - 3:34PM<br>Rahu<br>8:38AM - 10:22AM  | <b>Vishakha Until 7:05PM</b><br>Sukla Until 6:54PM<br>Balava Until 9:08AM<br>Navami* Until 10:13PM            | <b>Ganesha: Clear</b><br>Munaga: Blue<br>Nataraja: Yellow<br>Moon - Orange | Sunrise: 5:10AM<br>Sunset: 7:02PM | Vasavasu 5:17<br>Moon 6 - Phase 15 - 22<br>Navami    |                          |
| Tula Rasi: 26.49<br>Tilthi 9<br>Creative Work - Siddha Yoga                         |              |  |   |  |                                   | <b>Sivaloka Day</b>                                  |                          |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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## 1 Sunday, August 3, 2025

|                     |             |                                |                           |                  |                        |                |
|---------------------|-------------|--------------------------------|---------------------------|------------------|------------------------|----------------|
| Wisshika Rasi: 8.46 | Tithi 10    | Gulika 3:34PM - 5:18PM         | Anuradha Until 9:41PM     | Ganesh: Clear    | Sunrise: 5:17AM        | Memphis, TN    |
|                     |             | Yama 12:06PM - 1:50PM          | Brahma Until 7:33PM       | Muruga: Blue     | Sunset: 7:09PM         | Sutra 112      |
|                     |             | 474628572 Rahu 5:18PM - 7:01PM | Taitilla Until 11:16AM    | Nataraja: Yellow | Moon 6 - Phase 16 - 24 | Vasavasu 5:127 |
| Routine Work        | Marana Yoga |                                | Dashami Until 12:11AM Mon | Moon - Orange    | 4th Phase              |                |
|                     |             |                                |                           | Sivaloka Day     |                        |                |

## 2 Monday, August 4, 2025

|                      |             |                                |                           |                  |                        |                |
|----------------------|-------------|--------------------------------|---------------------------|------------------|------------------------|----------------|
| Wisshika Rasi: 20.52 | Tithi 11    | Gulika 1:50PM - 3:33PM         | Jyeshtha* Until 11:41PM   | Ganesh: Clear    | Sunrise: 5:17AM        | Memphis, TN    |
| Family Home Evening  |             | Yama 10:22AM - 12:06PM         | Indra Until 7:53PM        | Muruga: Blue     | Sunset: 7:09PM         | Sutra 113      |
| Creative Work        | Siddha Yoga | 474628572 Rahu 6:55AM - 8:39AM | Vanija Until 1:01PM       | Nataraja: Yellow | Moon 6 - Phase 16 - 24 | Vasavasu 5:127 |
|                      |             |                                | Ekadashi Until 1:41AM Tue | Moon - Orange    | 4th Phase              |                |
|                      |             |                                |                           | Sivaloka Day     |                        |                |

## 3 Tuesday, August 5, 2025

|                  |             |                                |                           |                   |                        |                |
|------------------|-------------|--------------------------------|---------------------------|-------------------|------------------------|----------------|
| Dhanus Rasi: 3.1 | Tithi 12    | Gulika 12:06PM - 1:49PM        | Mula* Until 1:29AM Wed    | Ganesh: Yellow    | Sunrise: 5:12AM        | Memphis, TN    |
|                  |             | Yama 8:39AM - 10:22AM          | Vaidhriti* Until 7:46PM   | Muruga: Blue      | Sunset: 7:09PM         | Sutra 114      |
|                  |             | 485628572 Rahu 3:33PM - 5:16PM | Bava Until 2:16PM         | Nataraja: Yellow  | Moon 6 - Phase 16 - 25 | Vasavasu 5:127 |
| Creative Work    | Amrita Yoga |                                | Dwadashi Until 2:39AM Wed | Moon - Light Blue | 4th Phase              |                |
|                  |             |                                |                           | Sivaloka Day      |                        |                |

## 4 Wednesday, August 6, 2025

|                                 |             |                                 |                               |                   |                        |                |
|---------------------------------|-------------|---------------------------------|-------------------------------|-------------------|------------------------|----------------|
| Dhanus Rasi: 15.42              | Tithi 13    | Gulika 10:23AM - 12:06PM        | Purvashadha* Until 2:32AM Thu | Ganesh: Yellow    | Sunrise: 5:13AM        | Memphis, TN    |
|                                 |             | Yama 6:56AM - 8:39AM            | Vishkambha* Until 7:12PM      | Muruga: Blue      | Sunset: 6:59PM         | Sutra 115      |
|                                 |             | 485628572 Rahu 12:06PM - 1:49PM | Kaulava Until 2:55PM          | Nataraja: Yellow  | Moon 6 - Phase 16 - 26 | Vasavasu 5:127 |
| Creative Work                   | Amrita Yoga |                                 | Trayodashi Until 3:00AM Thu   | Moon - Light Blue | 4th Phase              |                |
| Until 2:32AM Thu                |             |                                 |                               | Sivaloka Day      |                        |                |
| Then Routine Work - Marana Yoga |             |                                 |                               |                   |                        |                |

## 5 Thursday, August 7, 2025

|                    |             |                                |                               |                   |                        |                |
|--------------------|-------------|--------------------------------|-------------------------------|-------------------|------------------------|----------------|
| Dhanus Rasi: 28.31 | Tithi 14    | Gulika 8:40AM - 10:23AM        | Uttarashadha Until 2:51AM Fri | Ganesh: Yellow    | Sunrise: 5:14AM        | Memphis, TN    |
|                    |             | Yama 5:14AM - 6:57AM           | Priti Until 6:11PM            | Muruga: Blue      | Sunset: 6:58PM         | Sutra 116      |
|                    |             | 485628572 Rahu 1:49PM - 3:32PM | Gara Until 2:58PM             | Nataraja: Yellow  | Moon 6 - Phase 16 - 27 | Vasavasu 5:127 |
| Routine Work       | Marana Yoga |                                | Chaturdashi* Until 2:46AM Fri | Moon - Light Blue | 4th Phase              |                |
|                    |             |                                |                               | Sivaloka Day      |                        |                |

## Friday, August 8, 2025

|                                  |             |                                  |                           |                  |                        |                |
|----------------------------------|-------------|----------------------------------|---------------------------|------------------|------------------------|----------------|
| Makara Rasi: 11.38               | Tithi 15    | Gulika 6:57AM - 8:40AM           | Shravana Until 2:57AM Sat | Ganesh: Blue     | Sunrise: 5:14AM        | Memphis, TN    |
|                                  |             | Yama 3:31PM - 5:14PM             | Ayushman Until 4:41PM     | Muruga: Blue     | Sunset: 6:57PM         | Sutra 117      |
|                                  |             | 495628572 Rahu 10:23AM - 12:06PM | Visiti Until 2:27PM       | Nataraja: Yellow | Moon 6 - Phase 16 - 28 | Vasavasu 5:127 |
| Routine Work                     | Marana Yoga |                                  | Purnima* Until 1:59AM Sat | Moon - Purple    | Purnima                |                |
| Until 2:57AM Sat                 |             |                                  |                           | Devaloka Day     |                        |                |
| Then Creative Work - Siddha Yoga |             |                                  |                           |                  |                        |                |

## Saturday, August 9, 2025

|                    |             |                                 |                             |                  |                        |                |
|--------------------|-------------|---------------------------------|-----------------------------|------------------|------------------------|----------------|
| Makara Rasi: 25.02 | Tithi 16    | Gulika 5:15AM - 6:58AM          | Dhanishtha Until 2:25AM Sun | Ganesh: Yellow   | Sunrise: 5:15AM        | Memphis, TN    |
|                    |             | Yama 1:48PM - 3:30PM            | Saubhagya Until 2:47PM      | Muruga: Blue     | Sunset: 6:56PM         | Sutra 118      |
|                    |             | 495728572 Rahu 8:40AM - 10:23AM | Balava Until 1:26PM         | Nataraja: Yellow | Moon 6 - Phase 16 - 29 | Vasavasu 5:127 |
| Creative Work      | Siddha Yoga |                                 | Prathama* Until 12:44AM Sun | Moon - Purple    | Prathama               |                |
|                    |             |                                 |                             | Sivaloka Day     |                        |                |

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 Memphis, TN on 2/11/24

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

Kumbha Rasi: 8.43 Tithi 17  
Creative Work Siddha Yoga  
Until 1:22AM Mon  
Then Routine Work - Marana Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Bhanu Vesara Yuktayam  
Shatabhishak Nakshatra Sobhana/Ahiganda\* Yoga Talila/Gara Karana Dvitiyayam Tilau  
**Gulika** 3:30PM - 5:12PM  
**Yama** 12:05PM - 1:48PM  
**Rahu** 5:12PM - 6:54PM  
**Shatabhishak Until 1:22AM Mon**  
Sobhana Until 12:34PM  
Talila Until 11:58AM  
**Dvitiya Until 11:06PM**

Memphis, TN  
Sutra 119  
Vasava 5127  
Moon 7 - Phase 17 - 1  
1st Phase

**Sivaloka Day**

**1**

**Monday, August 11, 2025**

Kumbha Rasi: 22.35 Tithi 18  
**Family Home Evening**  
Routine Work Marana Yoga  
Until 12:21AM Tue  
Then Creative Work - Amrita Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Indu Vesara Yuktayam  
Puravproshthapada\* Nakshatra Ahiganda\*/(Sakama Yoga Vanja/Visti\*) Karana Tritiyayam Tilau  
**Gulika** 1:47PM - 3:29PM  
**Yama** 10:23AM - 12:05PM  
**Rahu** 6:59AM - 8:41AM  
**Puravproshthapada\* Until 12:21AM Tue**  
Ahiganda\* Until 10:03AM  
Vanija Until 10:11AM  
**Tritiya Until 9:11PM**

Memphis, TN  
Sutra 120  
Vasava 5127  
Moon 7 - Phase 17 - 2  
1st Phase

**Sivaloka Day**

**2**

**Tuesday, August 12, 2025**

Meena Rasi: 6.38 Tithi 19  
Creative Work Amrita Yoga  
Until 11:00PM  
Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Mangala Vesara Yuktayam  
Uttarproshthapada Nakshatra Sukama/Dhriti Yoga Bava/Balava Karana Chaturthayam Tilau  
**Gulika** 12:05PM - 1:47PM  
**Yama** 10:23AM - 12:05PM  
**Rahu** 3:29PM - 5:10PM  
**Uttarproshthapada Until 11:00PM**  
Sukama Until 7:21AM  
Bava Until 8:10AM  
**Chaturthi\* Until 7:04PM**

Memphis, TN  
Sutra 121  
Vasava 5127  
Moon 7 - Phase 17 - 3  
1st Phase

**Sivaloka Day**

**3**

**Wednesday, August 13, 2025**

Meena Rasi: 20.47 Tithi 20 - 21  
Routine Work Marana Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Budha Vesara Yuktayam  
Revati Nakshatra Shula\* Yoga Talila/Gara Karana Pancham/Shachthiyam Tilau  
**Gulika** 10:23AM - 12:05PM  
**Yama** 7:00AM - 8:41AM  
**Rahu** 12:05PM - 1:46PM  
**Revati Until 9:24PM**  
Shula\* Until 1:38AM Thu  
Gara Until 3:44AM Thu  
**Panchami Until 4:51PM**

Memphis, TN  
Sutra 122  
Vasava 5127  
Moon 7 - Phase 17 - 4  
1st Phase

**Sivaloka Day**

**4**

**Thursday, August 14, 2025**

Mesha Rasi: 5 Tithi 21 - 22  
Creative Work Amrita Yoga  
Until 8:03PM  
Then Creative Work - Siddha Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Guru Vesara Yuktayam  
Ashvini Nakshatra Ganda\* Yoga Vanja/Visti\* Karana Shashthi/Saptamayam Tilau  
**Gulika** 8:42AM - 10:23AM  
**Yama** 5:19AM - 7:00AM  
**Rahu** 1:46PM - 3:27PM  
**Ashvini Until 8:03PM**  
Ganda\* Until 10:43PM  
Visti Until 1:27AM Fri  
**Shashthi\* Until 2:35PM**

Memphis, TN  
Sutra 123  
Vasava 5127  
Moon 7 - Phase 17 - 5  
1st Phase

**Subha Sivaloka Day**

**5**

**Friday, August 15, 2025**  
**Retreat Star**

Mesha Rasi: 19.13 Tithi 22 - 23  
Creative Work Siddha Yoga

Viswasa Nama Samvatsare Dakshinaya Naritana Ritau Kataka Mase Krishna Pakche Sukra Vesara Yuktayam  
Bharani Nakshatra Viddhi Yoga Bava/Balava Karana Sapthami/Ashthamayam Tilau  
**Gulika** 7:01AM - 8:42AM  
**Yama** 3:27PM - 5:08PM  
**Rahu** 10:23AM - 12:04PM  
**Bharani Until 6:34PM**  
Viddhi Until 7:50PM  
Balava Until 11:12PM  
**Sapthami Until 12:18PM**

Memphis, TN  
Sutra 124  
Vasava 5127  
Moon 7 - Phase 17 - 6  
Ashtami

**Sivaloka Day**

**Saturday, August 16, 2025**

**Retreat Star**

Wishabha Rasi: 3.25 Tithi 23 - 24  
Creative Work Amrita Yoga

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Simha Mase Krishna Pakche Mani Vesara Yuktayam  
Kottika/Rohini Nakshatra Dhruva/Vyaghata\* Yoga Kaulava/Talika Karana Ashtami/Navamayam Tilau  
**Gulika** 5:21AM - 7:01AM  
**Yama** 1:45PM - 3:26PM  
**Rahu** 8:42AM - 10:23AM  
**Kritika Until 5:00PM**  
Dhruva Until 4:58PM  
Talika Until 9:01PM  
**Ashtami\* Until 10:05AM**

Memphis, TN  
Sutra 125  
Vasava 5127  
Moon 7 - Phase 17 - 7  
Navami

**Sivaloka Day**

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

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# 1 Sunday, August 17, 2025

Mithuna Rasi: 17.34 Tithi 24 – 25  
Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Bharu Uvaru Yuktayam  
Rohini/Mrigashira Nakshatra Vyaghata/Harshana Yoga Gara/Venja Karana Navaami/Dashamyam Titau

|        |                  |                        |                  |                       |
|--------|------------------|------------------------|------------------|-----------------------|
| Gulika | 3:25PM – 5:06PM  | Rohini Until 3:49PM    | Ganesha: Clear   | Sunrise: 5:21AM       |
| Yama   | 12:04PM – 1:45PM | Vyaghata* Until 2:11PM | Muruga: Blue     | Sunset: 6:47PM        |
| Rahu   | 5:06PM – 6:47PM  | Bava Until 5:01PM      | Nataraja: Yellow | Moon 7 - Phase 18 - 8 |

Navami\* Until 7:57AM  
Sivaloka Day

Memphis, TN  
Sutra 126  
Vishvasu 5127  
Sutra 117  
Phase 18 - 8  
2nd Phase

# 2 Monday, August 18, 2025

Mithuna Rasi: 1.37 Tithi 26  
Family Home Evening  
Creative Work Amrita Yoga  
Then Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Indu Vasara Yuktayam  
Mrigashira/Ardra Nakshatra Harshana/Vajra\* Yoga Bava/Balava Karana Ekadashyam Titau

|        |                   |                         |                  |                       |
|--------|-------------------|-------------------------|------------------|-----------------------|
| Gulika | 1:44PM – 3:25PM   | Mrigashira Until 2:38PM | Ganesha: Clear   | Sunrise: 5:22AM       |
| Yama   | 10:23AM – 12:04PM | Harshana Until 11:32AM  | Muruga: Blue     | Sunset: 6:46PM        |
| Rahu   | 7:02AM – 8:43AM   | Bava Until 5:01PM       | Nataraja: Yellow | Moon 7 - Phase 18 - 9 |

Ekadashi\* Until 4:06AM Tue  
Sivaloka Day

Memphis, TN  
Sutra 127  
Vishvasu 5127  
Sutra 128  
Phase 18 - 9  
2nd Phase

# 3 Tuesday, August 19, 2025

Mithuna Rasi: 15.34 Tithi 27  
Routine Work Marana Yoga  
Until 1:31PM  
Then Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Mangala Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Vajra\*/Siddhi Yoga Kaulava/Taila Karana Dvadashyam Titau

|        |                  |                      |                  |                        |
|--------|------------------|----------------------|------------------|------------------------|
| Gulika | 12:03PM – 1:44PM | Ardra Until 1:31PM   | Ganesha: Clear   | Sunrise: 5:23AM        |
| Yama   | 8:43AM – 10:23AM | Vajra* Until 9:01AM  | Muruga: Blue     | Sunset: 6:46PM         |
| Rahu   | 3:24PM – 5:04PM  | Kaulava Until 3:18PM | Nataraja: Yellow | Moon 7 - Phase 18 - 10 |

Dvadashi\* Until 2:31AM Wed  
Sivaloka Day

Memphis, TN  
Sutra 128  
Vishvasu 5127  
Sutra 129  
Phase 18 - 10  
2nd Phase

# 4 Wednesday, August 20, 2025

Mithuna Rasi: 29.22 Tithi 28  
Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Budha Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Siddhi/Vyaptata\* Yoga Gara/Venja Karana Trayodashyam Titau

|        |                   |                         |                  |                        |
|--------|-------------------|-------------------------|------------------|------------------------|
| Gulika | 10:23AM – 12:03PM | Punarvasu Until 12:58PM | Ganesha: Purple  | Sunrise: 5:24AM        |
| Yama   | 7:03AM – 8:43AM   | Siddhi Until 6:44AM     | Muruga: Blue     | Sunset: 6:46PM         |
| Rahu   | 12:03PM – 1:43PM  | Gara Until 1:52PM       | Nataraja: Yellow | Moon 7 - Phase 18 - 11 |

Trayodashi\* Until 1:15AM Thu  
Devaloka Day

Pradosha Vata (Fasting)

# 5 Thursday, August 21, 2025

Kataka Rasi: 12.57 Tithi 29  
Creative Work Amrita Yoga  
Until 12:37PM  
Then Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Guru Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Varjyan Yoga Vrsi\*/Sakuni\* Karana Chaturdashyam Titau

|        |                  |                          |                  |                        |
|--------|------------------|--------------------------|------------------|------------------------|
| Gulika | 8:44AM – 10:23AM | Pushya Until 12:37PM     | Ganesha: Purple  | Sunrise: 5:24AM        |
| Yama   | 5:24AM – 7:04AM  | Varjyan Until 3:02AM Fri | Muruga: Blue     | Sunset: 6:46PM         |
| Rahu   | 1:43PM – 3:22PM  | Vrsi Until 12:48PM       | Nataraja: Yellow | Moon 7 - Phase 18 - 12 |

Chaturdashi\* Until 12:25AM Fri  
Devaloka Day

# Friday, August 22, 2025

Retreat Star  
Kataka Rasi: 26.17 Tithi 30  
Routine Work Marana Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Krishna Paksha Sukra Vasara Yuktayam  
Ashlesha\*/Magha\* Nakshatra Parigha\* Yoga Catuspada\*/Naga\* Karana Amavasyayam Titau

|        |                   |                           |                     |                        |
|--------|-------------------|---------------------------|---------------------|------------------------|
| Gulika | 7:04AM – 8:44AM   | Ashlesha* Until 12:34PM   | Ganesha: Light Blue | Sunrise: 5:25AM        |
| Yama   | 3:22PM – 5:01PM   | Parigha* Until 1:46AM Sat | Muruga: Blue        | Sunset: 6:46PM         |
| Rahu   | 10:23AM – 12:03PM | Catuspada Until 12:11PM   | Nataraja: Yellow    | Moon 7 - Phase 18 - 13 |

Amavasya\* Until 12:03AM Sat  
Devaloka Day

# Saturday, August 23, 2025

Retreat Star  
Simha Rasi: 9.22 Tithi 1  
Creative Work Amrita Yoga  
Until 1:21PM  
Then Creative Work Siddha Yoga

Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Simha Mese Sukra Paksha Manta Vasara Yuktayam  
Magha\*/Purvaphalguni Nakshatra Shiva Yoga Kintughna\*/Bava Karana Prathamayam Titau

|        |                  |                         |                  |                        |
|--------|------------------|-------------------------|------------------|------------------------|
| Gulika | 5:26AM – 7:05AM  | Magha* Until 1:21PM     | Ganesha: Purple  | Sunrise: 5:26AM        |
| Yama   | 1:42PM – 3:21PM  | Shiva Until 12:57AM Sun | Muruga: Blue     | Sunset: 6:46PM         |
| Rahu   | 8:44AM – 10:23AM | Kintughna Until 12:06PM | Nataraja: Yellow | Moon 7 - Phase 18 - 14 |

Prathama\* Until 12:16AM Sun  
Devaloka Day

Memphis, TN  
Sutra 132  
Vishvasu 5127  
Sutra 131  
Phase 18 - 14  
Prathama

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 Memphis, TN on 2/11/24

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1

Sunday, August 24, 2025

|                                  |             |   |  |  |
|----------------------------------|-------------|---|--|--|
|                                  |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Bhanu Vasara Yuktayam<br>Parvaphalguni/Uttaraphalguni Nakshatra Siddha Yoga Balava/Kaulava Karana Drilyayam Titau | Sun 15   | Memphis, TN<br>Sutra 133<br>Vasarasu 5127  |
| Sinha Rasi: 22.1                 | Tithi 2     | <b>Gulika</b> 3:20PM - 4:59PM<br><b>Yama</b> 12:02PM - 1:41PM<br><b>Rahu</b> 4:59PM - 6:38PM  | <b>Purvaphalguni Until 2:33PM</b><br>Siddha Until 12:34AM Mon<br>Balava Until 12:37PM<br><b>Dvitiya Until 1:04AM Mon</b> | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Red |
| Creative Work                    | Siddha Yoga | 57728572  | <b>Devaloka Day</b>  |  |
| Until 2:33PM                     |             |   |  |  |
| Then Creative Work - Amrita Yoga |             |   |  |  |

2

Monday, August 25, 2025

|                     |             |  |   |  |
|---------------------|-------------|--|---|--|
|                     |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Indu Vasara Yuktayam<br>Uttaraphalguni/Hasta Nakshatra Sadhya Yoga Talilla/Gara Karana Trifyayam Titau | Sun 16  | Memphis, TN<br>Sutra 134<br>Vasarasu 5127  |
| Kanya Rasi: 4.41    | Tithi 3     | <b>Gulika</b> 1:41PM - 3:19PM<br><b>Yama</b> 10:23AM - 12:02PM<br><b>Rahu</b> 7:06AM - 8:45AM  | <b>Uttaraphalguni Until 4:10PM</b><br>Sadhya Until 12:39AM Tue<br>Talilla Until 1:42PM<br><b>Tritiya Until 2:27AM Tue</b> | <b>Ganesha:</b> Purple<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Red |
| Family Home Evening | Siddha Yoga | 57728572   | <b>Devaloka Day</b>   |  |
| Creative Work       |             |  |   |  |

3

Tuesday, August 26, 2025

|                   |             |  |  |  |
|-------------------|-------------|--|--|--|
|                   |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Mangala Vasara Yuktayam<br>Hasta Nakshatra Subha Yoga Vanja/Vesli/ Karana Chaturthayam Titau | Sun 17   | Memphis, TN<br>Sutra 135<br>Vasarasu 5127  |
| Kanya Rasi: 16.57 | Tithi 4     | <b>Gulika</b> 12:02PM - 1:40PM<br><b>Yama</b> 8:45AM - 10:23AM<br><b>Rahu</b> 3:18PM - 4:57PM  | <b>Hasta Until 6:37PM</b><br>Subha Until 1:08AM Wed<br>Vanija Until 3:21PM | <b>Ganesha:</b> Light Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> Yellow<br>Moon - Green |
| Creative Work     | Siddha Yoga | 57728572   | <b>Devaloka Day</b>  |  |
|                   |             |  |  |  |
|                   |             | <b>Ganesha Chaturthi</b>   | <b>Chaturthi* Until 4:19AM Wed</b>   |  |

4

Wednesday, August 27, 2025

|                   |             |  |   |   |
|-------------------|-------------|--|---|---|
|                   |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Budha Vasara Yuktayam<br>Chitra Nakshatra Sukla Yoga Bava/Balava Karana Panchmayam Titau | Sun 18  | Memphis, TN<br>Sutra 136<br>Vasarasu 5127   |
| Kanya Rasi: 29.02 | Tithi 5     | <b>Gulika</b> 10:23AM - 12:01PM<br><b>Yama</b> 7:07AM - 8:45AM<br><b>Rahu</b> 12:01PM - 1:40PM   | <b>Chitra Until 9:17PM</b><br>Sukla Until 1:51AM Thu<br>Bava Until 5:24PM<br><b>Panchami Until 6:32AM Thu</b> | <b>Ganesha:</b> Light Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon - Green |
| Creative Work     | Siddha Yoga | 57728573   | <b>Sivaloka Day</b>   |   |
|                   |             |  |   |   |

5

Thursday, August 28, 2025

|                                  |             |  |   |   |
|----------------------------------|-------------|--|---|---|
|                                  |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Guru Vasara Yuktayam<br>Svali Nakshatra Brahma Yoga Balava/Kaulava Karana Panchami/Shashthiyam Titau | Sun 19  | Memphis, TN<br>Sutra 137<br>Vasarasu 5127   |
| Tula Rasi: 10.59                 | Tithi 5 - 6 | <b>Gulika</b> 8:45AM - 10:23AM<br><b>Yama</b> 5:30AM - 7:07AM<br><b>Rahu</b> 1:39PM - 3:17PM   | <b>Svali Until 12:01AM Fri</b><br>Brahma Until 2:45AM Fri<br>Kaulava Until 7:44PM<br><b>Panchami Until 6:32AM</b> | <b>Ganesha:</b> Light Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon - Green |
| Creative Work                    | Amrita Yoga | 57728573   | <b>Sivaloka Day</b>   |   |
| Until 12:01AM Fri                |             |  |   |   |
| Then Creative Work - Siddha Yoga |             |  |   |   |

6

Friday, August 29, 2025

|                  |             |   |   |   |
|------------------|-------------|---|---|---|
|                  |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Sukra Vasara Yuktayam<br>Vishakha Nakshatra Indu Yoga Talilla/Gara Karana Shashthi/Sapthmayam Titau | Sun 20  | Memphis, TN<br>Sutra 138<br>Vasarasu 5127   |
| Tula Rasi: 22.52 | Tithi 6 - 7 | <b>Gulika</b> 7:08AM - 8:46AM<br><b>Yama</b> 3:16PM - 4:54PM<br><b>Rahu</b> 10:23AM - 12:01PM   | <b>Vishakha Until 3:08AM Sat</b><br>Indra Until 3:41AM Sat<br>Gara Until 10:09PM<br><b>Shashthi* Until 8:55AM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon - Orange |
| Creative Work    | Siddha Yoga | 578728573   | <b>Subha Sivaloka Day</b>   |   |
|                  |             |   |   |   |

D

Saturday, August 30, 2025

|                                 |             |  |  |   |
|---------------------------------|-------------|--|--|---|
|                                 |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Manu Vasara Yuktayam<br>Anuradha Nakshatra Vaidhriti* Yoga Vanja/Vesli/ Karana Sapthami/Ashthmayam Titau | Sun 21   | Memphis, TN<br>Sutra 139<br>Vasarasu 5127   |
| Retreat Star                    | Tithi 7 - 8 | <b>Gulika</b> 5:31AM - 7:08AM<br><b>Yama</b> 1:38PM - 3:15PM<br><b>Rahu</b> 8:46AM - 10:23AM   | <b>Anuradha Until 5:55AM Sun</b><br>Vaidhriti* Until 4:27AM Sun<br>Vesli Until 12:25AM Sun<br><b>Saptami Until 11:17AM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon - Orange |
| Wishika Rasi: 4.44              |             | 578728573  | <b>Subha Sivaloka Day</b>  | Ashtami   |
| Creative Work                   | Siddha Yoga |  |  |   |
| Until 5:55AM Sun                |             |  |  |   |
| Then Routine Work - Marana Yoga |             |  |  |   |

Sunday, August 31, 2025

|                                  |             |  |  |   |
|----------------------------------|-------------|--|--|---|
|                                  |             | Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mese Sukla Paksha Bhanu Vasara Yuktayam<br>Jyeshtha* Nakshatra Vishkambha* Yoga Bava/Balava Karana Ashtami/Navamayam Titau | Sun 22   | Memphis, TN<br>Sutra 140<br>Vasarasu 5127   |
| Retreat Star                     | Tithi 8 - 9 | <b>Gulika</b> 3:14PM - 4:51PM<br><b>Yama</b> 12:00PM - 1:37PM<br><b>Rahu</b> 4:51PM - 6:29PM   | <b>Jyeshtha* Until 8:12AM Mon</b><br>Vishkambha* Until 4:58AM Mon<br>Balava Until 2:23AM Mon<br><b>Ashtami* Until 1:26PM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon - Orange |
| Wishika Rasi: 16.41              |             | 578728573  | <b>Subha Sivaloka Day</b>  | Navami  |
| Routine Work                     | Marana Yoga |  |  |   |
| Until 8:12AM Mon                 |             |  |  |   |
| Then Creative Work - Siddha Yoga |             |  |  |   |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                           |  |                             |  |   |  |   |                                   |  |
|---------------------------|--|-----------------------------|--|---|--|---|-----------------------------------|--|
| <b>1</b>                  | <b>Monday, September 1, 2025</b>                             |                             | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Indu Vasara Yuktayam<br>Jyeshtha "Mula" Nakshatra Phli Yoga Kaulava/Taila Karana Navami/Dashamam Titau |   |  |   | Memphis, TN<br>Sun 23             | Sutra 141                                  |
|                           | Wischika Rasi: 28.47<br>Family Home Evening<br>Creative Work | Tithi 9 – 10<br>Siddha Yoga | 5:57:28:53   | <b>Gulika</b><br>1:37PM – 3:14PM<br>Yama<br>10:23AM – 12:00PM<br><b>Rahu</b><br>7:09AM – 8:46AM | <b>Jyeshtha* Until 8:12AM</b><br>Phli Until 5:07AM Tue<br>Taila Until 3:52AM Tue<br>Navami* Until 3:10PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Orange | Sunrise: 5:33AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 21<br>4th Phase |
| <b>Subha Sivaloka Day</b> |  |                             |  |   |  |   |                                   |  |

|                     |  |   |   |   |  |   |                                   |  |
|---------------------|--|---|---|---|--|---|-----------------------------------|--|
| <b>2</b>            | <b>Tuesday, September 2, 2025</b>  |   | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Mangala Vasara Yuktayam<br>Mula "Purushadha" Nakshatra Ajushman Yoga Gara/Vanija Karana Dashami/Ekadasyam Titau |   |  |   | Memphis, TN<br>Sun 24             | Sutra 142                                  |
|                     | Dhanus Rasi: 11.05<br>Creative Work<br>Until 10:18AM<br>Then Creative Work | Tithi 10 – 11<br>Amrita Yoga<br>Siddha Yoga | 5:58:27:53  | <b>Gulika</b><br>12:00PM – 1:36PM<br>Yama<br>8:46AM – 10:23AM<br><b>Rahu</b><br>3:13PM – 4:49PM | <b>Mula* Until 10:18AM</b><br>Ajushman Until 4:45AM Wed<br>Vanija Until 4:43AM Wed<br>Dashami Until 4:21PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | Sunrise: 5:33AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 21<br>4th Phase |
| <b>Sivaloka Day</b> |  |   |   |   |  |   |                                   |  |

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|---------------------|-------------------------------------|------------------------------|---|---|--|---|-----------------------------------|--|
| <b>3</b>            | <b>Wednesday, September 3, 2025</b> |                              | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Butha Vasara Yuktayam<br>Purushadha "Uttarashadha Nakshatra Saubhagya Yoga Vasi/Bava Karana Ekadashi/Dwadashyam Titau |   |  |   | Memphis, TN<br>Sun 25             | Sutra 143                                  |
|                     | Dhanus Rasi: 23.4<br>Creative Work  | Tithi 11 – 12<br>Amrita Yoga | 5:58:28:53  | <b>Gulika</b><br>10:23AM – 11:59AM<br>Yama<br>8:46AM – 10:23AM<br><b>Rahu</b><br>11:59AM – 1:36PM | <b>Purushadha* Until 11:37AM</b><br>Saubhagya Until 3:52AM Thu<br>Bava Until 4:53AM Thu<br>Ekadashi Until 4:52PM | <b>Ganesha:</b> Green<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | Sunrise: 5:34AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 25<br>4th Phase |
| <b>Sivaloka Day</b> |                                     |                              |   |   |  |   |                                   |  |

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|---------------------|--|---|--|--|--|---|-----------------------------------|--|
| <b>4</b>            | <b>Thursday, September 4, 2025</b>                                       |   | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Gura Vasara Yuktayam<br>Uttarashadha/Shravana Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadas/Trayodashyam Titau |  |  |   | Memphis, TN<br>Sun 26             | Sutra 144                                  |
|                     | Makara Rasi: 6.34<br>Routine Work<br>Until 12:06PM<br>Then Creative Work | Tithi 12 – 13<br>Marana Yoga<br>Siddha Yoga | 5:58:28:53   | <b>Gulika</b><br>8:47AM – 10:23AM<br>Yama<br>5:35AM – 7:11AM<br><b>Rahu</b><br>1:35PM – 3:11PM | <b>Uttarashadha Until 12:06PM</b><br>Sobhana Until 2:25AM Fri<br>Kaulava Until 4:20AM Fri<br>Dvadashi Until 4:40PM | <b>Ganesha:</b> White<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Light Blue | Sunrise: 5:35AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 26<br>4th Phase |
| <b>Sivaloka Day</b> |  |   |  |  |  |   |                                   |  |

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|---------------------------|--|---|--|---|---|--|-----------------------------------|--|
| <b>5</b>                  | <b>Friday, September 5, 2025</b>   |   | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Sura Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Athiganda* Yoga Taila/Gara Karana Trayodashi/Chaturdashyam Titau |   |   |  | Memphis, TN<br>Sun 27             | Sutra 145                                  |
|                           | Makara Rasi: 19.5<br>Routine Work<br>Until 12:11PM<br>Then Creative Work | Tithi 13 – 14<br>Marana Yoga<br>Siddha Yoga | 5:59:28:53   | <b>Gulika</b><br>7:11AM – 8:47AM<br>Yama<br>3:10PM – 4:46PM<br><b>Rahu</b><br>10:23AM – 11:59AM | <b>Shravana Until 12:11PM</b><br>Athiganda* Until 12:24AM Sat<br>Gara Until 3:07AM Sat<br>Trayodashi Until 3:47PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple | Sunrise: 5:35AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 27<br>4th Phase |
| <b>Subha Sivaloka Day</b> |  |   |  |   |   |  |                                   |  |

|                           |   |                              |  |  |   |  |                                   |  |
|---------------------------|---|------------------------------|--|--|---|--|-----------------------------------|--|
| <b>6</b>                  | <b>Saturday, September 6, 2025</b>  |                              | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Sukla Pakhe Manva Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Sukarma Yoga Vasi/Vasi* Karana Chaturdashi/Purnimayam Titau |  |   |  | Memphis, TN<br>Sun 28             | Sutra 146                                |
|                           | Kumbha Rasi: 3.29<br>Creative Work<br>Until 11:29AM<br>Then Creative Work | Tithi 14 – 15<br>Siddha Yoga | 5:59:28:53   | <b>Gulika</b><br>5:36AM – 7:12AM<br>Yama<br>1:34PM – 3:09PM<br><b>Rahu</b><br>8:47AM – 10:23AM | <b>Dhanishtha Until 11:29AM</b><br>Sukarma Until 9:55PM<br>Vasi Until 1:18AM Sun<br>Chaturdashi* Until 2:15PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple | Sunrise: 5:36AM<br>Sunset: 6:29PM | Vasvasu 5:27<br>Phase 20 - 28<br>Purnima |
| <b>Subha Sivaloka Day</b> |   |                              |  |  |   |  |                                   |  |

|                           |                                     |                              |   |  |  |  |                                   |   |
|---------------------------|-------------------------------------|------------------------------|---|--|--|--|-----------------------------------|---|
| <b>7</b>                  | <b>Sunday, September 7, 2025</b>    |                              | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Simha Mase Krishna Pakhe Bharu Vasara Yuktayam<br>Shatabhishak/Purushodhshadha* Nakshatra Dhriti Yoga Bava/Balava Karana Purnima/Prathamayam Titau |  |  |  | Memphis, TN<br>Sun 29             | Sutra 147                                 |
|                           | Kumbha Rasi: 17.29<br>Creative Work | Tithi 15 – 16<br>Siddha Yoga | 5:59:28:53  | <b>Gulika</b><br>3:08PM – 4:44PM<br>Yama<br>11:58AM – 1:33PM<br><b>Rahu</b><br>4:44PM – 6:19PM | <b>Shatabhishak Until 10:06AM</b><br>Dhriti Until 7:03PM<br>Balava Until 11:02PM<br>Purnima* Until 12:12PM | <b>Ganesha:</b> Yellow<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br>Moon – Purple | Sunrise: 5:37AM<br>Sunset: 6:19PM | Vasvasu 5:27<br>Phase 20 - 29<br>Prathama |
| <b>Subha Sivaloka Day</b> |                                     |                              |   |  |  |  |                                   |   |

Having realized the Self, the risish, perfected souls, satisfied with their knowledge, passion-free, tranquil—those wise beings, having attained the omnipresent on all sides—enter into the All itself. Atharva Veda

All times are standard time. Calculated for Memphis, TN on 2/11/24

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Monday, September 8, 2025

Gold Retreat Star

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Indu Vasara Yuktyam  
Puravaprosrhapada/Uttaraprosrhapada Nakshatra Shula/Ganda\* Yoga Kaulava/Taila Karana Prathama/Dvitiyayam Titau

Memphis, TN

Sutra 148

Vasavasu 5127

Meena Rasi: 1.46 Tithi 16 - 17  
Family Home Evening  
Routine Work Marana Yoga  
Until 8:34AM  
Then Creative Work - Siddha Yoga

Gulika 1:32PM - 3:07PM  
Yama 10:23AM - 11:58AM  
Rahu 7:13AM - 8:48AM

Puravaprosrhapada\* Until 8:34AM  
Shula\* Until 3:51PM  
Taila Until 8:25PM  
Prathama\* Until 9:45AM

Ganesh: Yellow  
Muruga: Blue  
Nataraja: White  
Moon - Clear

Sunrise: 5:38AM  
Sunset: 6:17PM  
Moon 8 - Phase 21 - 1st Phase  
Subha Sivaloka Day

1

Tuesday, September 9, 2025

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Mangla Vasara Yuktyam  
Uttaraprosrhapada/Revari Nakshatra Ganda/Widdhi Yoga Gara/Vid\* Karana Dvitiya/Tritiyayam Titau

Memphis, TN

Sutra 149

Vasavasu 5127

Meena Rasi: 16.16 Tithi 17 - 18  
Creative Work Amrita Yoga  
Until 6:38AM  
Then Creative Work - Siddha Yoga

Gulika 11:57AM - 1:32PM  
Yama 8:48AM - 10:22AM  
Rahu 3:07PM - 4:41PM

Uttaraprosrhapada Until 6:38AM  
Ganda\* Until 12:28PM  
Vidil Until 4:08AM Wed  
Dvitiya Until 7:00AM

Ganesh: Yellow  
Muruga: Blue  
Nataraja: White  
Moon - Clear

Sunrise: 5:38AM  
Sunset: 6:16PM  
Moon 8 - Phase 21 - 1st Phase  
Subha Sivaloka Day

2

Wednesday, September 10, 2025

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Budha Vasara Yuktyam  
Uttaraprosrhapada/Revari Nakshatra Ganda/Widdhi Yoga Gara/Vid\* Karana Dvitiya/Tritiyayam Titau

Memphis, TN

Sutra 150

Vasavasu 5127

Mesha Rasi: 0.53 Tithi 19  
Routine Work Marana Yoga  
Until 2:26AM Thu  
Then Creative Work - Siddha Yoga

Gulika 10:22AM - 11:57AM  
Yama 7:14AM - 8:48AM  
Rahu 11:57AM - 1:31PM

Ashvini Until 2:26AM Thu  
Viddhi Until 9:01AM  
Bava Until 2:42PM  
Chaturthi\* Until 1:15AM Thu

Ganesh: White  
Muruga: Blue  
Nataraja: White  
Moon - White

Sunrise: 5:39AM  
Sunset: 6:15PM  
Moon 8 - Phase 21 - 2 1st Phase  
Sivaloka Day

3

Thursday, September 11, 2025

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Guru Vasara Yuktyam  
Uttaraprosrhapada/Revari Nakshatra Ganda/Widdhi Yoga Gara/Vid\* Karana Panchamyam Titau

Memphis, TN

Sutra 151

Vasavasu 5127

Mesha Rasi: 15.29 Tithi 20  
Creative Work Siddha Yoga

Gulika 8:48AM - 10:22AM  
Yama 5:40AM - 7:14AM  
Rahu 1:31PM - 3:05PM

Bharani Until 12:26AM Fri  
Vyaghra\* Until 2:11AM Fri  
Kaulava Until 11:51AM  
Panchami Until 10:27PM

Ganesh: White  
Muruga: Blue  
Nataraja: White  
Moon - White

Sunrise: 5:40AM  
Sunset: 6:14PM  
Moon 8 - Phase 21 - 3 1st Phase  
Sivaloka Day

4

Friday, September 12, 2025

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Sukra Vasara Yuktyam  
Kritika Nakshatra Harshana Yoga Gara/Vanija Karana Shashthyam Titau

Memphis, TN

Sutra 152

Vasavasu 5127

Wisshabha Rasi: 0 Tithi 21  
Creative Work Siddha Yoga  
Until 10:31PM  
Then Routine Work - Marana Yoga

Gulika 7:14AM - 8:48AM  
Yama 3:04PM - 4:38PM  
Rahu 10:22AM - 11:56AM

Kritika Until 10:31PM  
Harshana Until 11:01PM  
Gara Until 9:09AM  
Shashthi\* Until 7:52PM

Ganesh: Blue  
Muruga: Blue  
Nataraja: White  
Moon - White

Sunrise: 5:41AM  
Sunset: 6:13PM  
Moon 8 - Phase 21 - 4 1st Phase  
Sivaloka Day

5

Saturday, September 13, 2025

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Mania Vasara Yuktyam  
Rohini Nakshatra Vajra\* Yoga Vist/Balava Karana Saptami/Ashamyam Titau

Memphis, TN

Sutra 153

Vasavasu 5127

Wisshabha Rasi: 14.22 Tithi 22 - 23  
Creative Work Amrita Yoga  
Until 9:10PM  
Then Creative Work - Siddha Yoga

Gulika 5:41AM - 7:15AM  
Yama 1:29PM - 3:03PM  
Rahu 8:49AM - 10:22AM

Rohini Until 9:10PM  
Vajra\* Until 8:04PM  
Visti Until 6:42AM  
Saptami Until 5:34PM

Ganesh: Red  
Muruga: Blue  
Nataraja: White  
Moon - Yellow

Sunrise: 5:41AM  
Sunset: 6:10PM  
Moon 8 - Phase 21 - 5 1st Phase  
Subha Sivaloka Day

D

Sunday, September 14, 2025

Retreat Star

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Bhava Vasara Yuktyam  
Mrigashira Nakshatra Siddhi/Vyaltipata\* Yoga Kaulava/Taila Karana Ashtami/Dashamyam Titau

Memphis, TN

Sutra 154

Vasavasu 5127

Wisshabha Rasi: 28.3 Tithi 23 - 24  
Creative Work Siddha Yoga

Gulika 3:02PM - 4:35PM  
Yama 11:55AM - 1:29PM  
Rahu 4:35PM - 6:09PM

Mrigashira Until 8:01PM  
Siddhi Until 5:24PM  
Taila Until 2:48AM Mon  
Ashtami\* Until 3:37PM

Ganesh: Red  
Muruga: Blue  
Nataraja: White  
Moon - Yellow

Sunrise: 5:42AM  
Sunset: 6:09PM  
Moon 8 - Phase 21 - 6 Ashtami  
Subha Sivaloka Day

Monday, September 15, 2025

Retreat Star

Visavasu Nama Samvatsara Dakshinaya Jvana Ritau Simha Mase Krishna Paksha Indu Vasara Yuktyam  
Ardra Nakshatra Vyaltipata\*/Varyan Yoga Gara/Vanija Karana Navami/Dashamyam Titau

Memphis, TN

Sutra 155

Vasavasu 5127

Mithuna Rasi: 12.24 Tithi 24 - 25  
Family Home Evening  
Creative Work Siddha Yoga  
Until 7:08PM  
Then Creative Work - Amrita Yoga

Gulika 1:28PM - 3:01PM  
Yama 10:22AM - 11:55AM  
Rahu 7:16AM - 8:49AM

Ardra Until 7:08PM  
Vyaltipata\* Until 3:05PM  
Vanija Until 1:26AM Tue  
Navami\* Until 2:03PM

Ganesh: Red  
Muruga: Blue  
Nataraja: White  
Moon - Yellow

Sunrise: 5:43AM  
Sunset: 6:07PM  
Moon 8 - Phase 21 - 7 Navami  
Subha Sivaloka Day

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                                      |               |  |                               |                              |                 |                       |
|--------------------------------------|---------------|--|-------------------------------|------------------------------|-----------------|-----------------------|
| <b>1 Tuesday, September 16, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksha Mangala Vesara Yukhtayam<br>Panarvasu Nakshatra Varjyan/Parigha' Yoga Visti/Bava Karana Dashami/Ekadashtyam Titau |                               |                              |                 | Memphis, TN<br>Sun 8  |
| Mithuna Rasi: 26.04                  | Tithi 25 – 26 | <b>Gulika</b> 11:55AM – 1:28PM   | <b>Punarvasu</b> Until 6:56PM | <b>Ganesha:</b> Green        | Sunrise: 5:43AM | Vasavasa 5:127        |
|                                      |               | <b>Yama</b> 8:49AM – 10:22AM   | <b>Varjyan</b> Until 1:04PM   | <b>Muruga:</b> Blue          | Sunset: 6:06PM  | Moon 8 - Phase 22 - 8 |
| Creative Work                        | Siddha Yoga   | 541828573 <b>Rahu</b> 3:00PM – 4:33PM  | Bava Until 12:30AM Wed        | <b>Nataraja:</b> White       |                 | 2nd Phase             |
|                                      |               |  | <b>Dashami</b> Until 12:54PM  | Moon - Blue                  |                 | <b>Sivaloka Day</b>   |
|                                      |               |  |                               | <b>Bhavadipale/Purastali</b> |                 |                       |

|  |               |   |                                |                              |                 |                       |
|--|---------------|---|--------------------------------|------------------------------|-----------------|-----------------------|
| <b>2 Wednesday, September 17, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksha Budha Vesara Yukhtayam<br>Pushya Nakshatra Parigha'/Shiva Yoga Balava/Kaulava Karana Ekadashi/Dvadashyam Titau |                                |                              |                 | Memphis, TN<br>Sun 9  |
| Kalka Rasi: 9.28                       | Tithi 26 – 27 | <b>Gulika</b> 10:22AM – 11:54AM   | <b>Pushya</b> Until 7:02PM     | <b>Ganesha:</b> Green        | Sunrise: 5:44AM | Vasavasa 5:127        |
|  |               | <b>Yama</b> 7:17AM – 8:49AM   | <b>Parigha'</b> Until 11:24AM  | <b>Muruga:</b> Blue          | Sunset: 6:04PM  | Moon 8 - Phase 22 - 9 |
| Creative Work                          | Siddha Yoga   | 541828573 <b>Rahu</b> 11:54AM – 1:27PM  | Kaulava Until 12:00AM Thu      | <b>Nataraja:</b> White       |                 | 2nd Phase             |
|  |               |   | <b>Ekadashi'</b> Until 12:11PM | Moon - Blue                  |                 | <b>Sivaloka Day</b>   |
|  |               |   |                                | <b>Bhavadipale/Purastali</b> |                 |                       |

|                                       |               |  |                                |                                |                 |                        |
|---------------------------------------|---------------|--|--------------------------------|--------------------------------|-----------------|------------------------|
| <b>3 Thursday, September 18, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksha Guru Vesara Yukhtayam<br>Ashlesha' Nakshatra Shiva/Siddha Yoga Talila/Gara Karana Dvadasni/Trayodashyam Titau |                                |                                |                 | Memphis, TN<br>Sun 10  |
| Kalka Rasi: 22.38                     | Tithi 27 – 28 | <b>Gulika</b> 8:49AM – 10:22AM   | <b>Ashlesha'</b> Until 7:25PM  | <b>Ganesha:</b> Green          | Sunrise: 5:45AM | Vasavasa 5:127         |
|                                       |               | <b>Yama</b> 5:45AM – 7:17AM  | <b>Shiva</b> Until 10:07AM     | <b>Muruga:</b> Blue            | Sunset: 6:03PM  | Moon 8 - Phase 22 - 10 |
| Creative Work                         | Siddha Yoga   | 541828573 <b>Rahu</b> 1:26PM – 2:59PM  | Gara Until 11:58PM             | <b>Nataraja:</b> White         |                 | 2nd Phase              |
| Until 7:25PM                          |               |  | <b>Dvadashi'</b> Until 11:54AM | Moon - Blue                    |                 | <b>Sivaloka Day</b>    |
| Then Creative Work - Amrita Yoga      |               |  |                                | <b>Bhavadipale/Purastali</b>   |                 |                        |
|                                       |               |  |                                | <b>Pradosha Vata (Fasting)</b> |                 |                        |

|                                     |               |   |                                  |                              |                 |                        |
|-------------------------------------|---------------|---|----------------------------------|------------------------------|-----------------|------------------------|
| <b>4 Friday, September 19, 2025</b> |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksha Sukra Vesara Yukhtayam<br>Magha' Nakshatra Siddha/Sadhya Yoga Vanja/Visti' Karana Trayodashi/Chaturdashyam Titau |                                  |                              |                 | Memphis, TN<br>Sun 11  |
| Simha Rasi: 5.35                    | Tithi 28 – 29 | <b>Gulika</b> 7:18AM – 8:50AM   | <b>Magha'</b> Until 8:34PM       | <b>Ganesha:</b> White        | Sunrise: 5:46AM | Vasavasa 5:127         |
|                                     |               | <b>Yama</b> 2:58PM – 4:30PM   | <b>Siddha</b> Until 9:09AM       | <b>Muruga:</b> Blue          | Sunset: 6:03PM  | Moon 8 - Phase 22 - 11 |
| Routine Work                        | Marana Yoga   | 551828573 <b>Rahu</b> 10:22AM – 11:54AM   | Visti' Until 12:24AM Sat         | <b>Nataraja:</b> White       |                 | 2nd Phase              |
| Until 8:34PM                        |               |   | <b>Trayodashi'</b> Until 12:06PM | Moon - Red                   |                 | <b>Sivaloka Day</b>    |
| Then Creative Work - Siddha Yoga    |               |   |                                  | <b>Bhavadipale/Purastali</b> |                 |                        |

|                                 |               |   |                                    |                              |                 |                        |
|---------------------------------|---------------|---|------------------------------------|------------------------------|-----------------|------------------------|
| <b>Retreat Star</b>             |               | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Krishna Paksha Mania Vesara Yukhtayam<br>Purvaphalguni Nakshatra Sadha/Sukla Yoga Sakur/Catupadi' Karana Chaturdasham/Amavasyam Titau |                                    |                              |                 | Memphis, TN<br>Sun 12  |
| Simha Rasi: 18.17               | Tithi 29 – 30 | <b>Gulika</b> 5:46AM – 7:18AM   | <b>Purvaphalguni</b> Until 10:00PM | <b>Ganesha:</b> White        | Sunrise: 5:46AM | Vasavasa 5:127         |
|                                 |               | <b>Yama</b> 1:25PM – 2:57PM   | <b>Sadha</b> Until 8:34AM          | <b>Muruga:</b> Blue          | Sunset: 6:03PM  | Moon 8 - Phase 22 - 12 |
| Creative Work                   | Siddha Yoga   | 551828573 <b>Rahu</b> 8:50AM – 10:22AM  | Catupada Until 1:17AM Sun          | <b>Nataraja:</b> White       |                 | Amavasya               |
| Until 10:00PM                   |               |   | <b>Chaturdashi'</b> Until 12:46PM  | Moon - Red                   |                 | <b>Sivaloka Day</b>    |
| Then Routine Work - Marana Yoga |               | <b>Mahalaya Amavasi (Tamil Nadu)</b>  |                                    | <b>Bhavadipale/Purastali</b> |                 |                        |

|                     |              |  |                                     |                              |                 |                        |
|---------------------|--------------|--|-------------------------------------|------------------------------|-----------------|------------------------|
| <b>Retreat Star</b> |              | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Karya Mese Sukla Paksha Shiva Vesara Yukhtayam<br>Uttaraphalguni Nakshatra Sadha/Sukla Yoga Naga/Kintughna' Karana Amavasya/Prathamam Titau |                                     |                              |                 | Memphis, TN<br>Sun 13  |
| Kanya Rasi: 0.47    | Tithi 30 – 1 | <b>Gulika</b> 2:56PM – 4:27PM  | <b>Uttaraphalguni</b> Until 11:44PM | <b>Ganesha:</b> White        | Sunrise: 5:47AM | Vasavasa 5:127         |
|                     |              | <b>Yama</b> 11:53AM – 1:24PM   | <b>Sadha</b> Until 8:22AM           | <b>Muruga:</b> Blue          | Sunset: 5:59PM  | Moon 8 - Phase 22 - 13 |
| Creative Work       | Amrita Yoga  | 551828573 <b>Rahu</b> 4:27PM – 5:59PM  | Kintughna Until 2:39AM Mon          | <b>Nataraja:</b> White       |                 | Prathama               |
|                     |              |  | <b>Amavasya'</b> Until 1:53PM       | Moon - Red                   |                 | <b>Sivaloka Day</b>    |
|                     |              | <b>Navaratri Begins</b>  |                                     | <b>Bhavadipale/Purastali</b> |                 |                        |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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1

Monday, September 22, 2025

|                            |               |   |                               |                          |                        |                        |   |
|----------------------------|---------------|---|-------------------------------|--------------------------|------------------------|------------------------|---|
|                            |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Hasta Nakshatra Sukla/Brahma Yoga Bava/Balava Karana Prathama/Dvityayam Tilau |                               |                          |                        | Sun 14                 | Memphis, TN<br>Sutra 162<br>Vasavasu 5127 |
|                            | <b>Gulika</b> | 1:24PM – 2:55PM   | <b>Hasla Until 2:11AM Tue</b> | <b>Ganesha:</b> Red      | <b>Sunrise:</b> 5:46AM |                        |   |
| Kanya Rasi: 13.06          | Tilhi 1 – 2   | 10:21AM – 11:53AM   | Sukla Until 8:29AM            | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:57PM  | Moon 8 - Phase 23 - 14 |   |
| <b>Family Home Evening</b> | 562828573     | <b>Rahu</b> 7:19AM – 8:50AM   | Balava Until 4:25AM Tue       | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work              | Siddha Yoga   |   | <b>Prathama* Until 3:28PM</b> | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Sivaloka Day</b>                 |

2

Tuesday, September 23, 2025

|                      |               |   |                                |                          |                        |                        |   |
|----------------------|---------------|---|--------------------------------|--------------------------|------------------------|------------------------|---|
|                      |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Chitra Nakshatra Brahma/Indra Yoga Kaulava/Taila Karana Dvitya/Trityayam Tilau |                                |                          |                        | Sun 15                 | Memphis, TN<br>Sutra 163<br>Vasavasu 5127 |
|                      | <b>Gulika</b> | 11:52AM – 1:23PM  | <b>Chitra Until 4:49AM Wed</b> | <b>Ganesha:</b> Red      | <b>Sunrise:</b> 5:49AM |                        |   |
| Kanya Rasi: 25.14    | Tilhi 2 – 3   | 8:50AM – 10:21AM  | Brahma Until 8:54AM            | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:56PM  | Moon 8 - Phase 23 - 15 |   |
| <b>Creative Work</b> | 562828573     | <b>Rahu</b> 2:54PM – 4:25PM   | Taila Until 6:32AM Wed         | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work        | Siddha Yoga   |   | <b>Dvitiya Until 5:25PM</b>    | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Sivaloka Day</b>                 |

3

Wednesday, September 24, 2025

|                      |               |   |                               |                          |                        |                        |   |
|----------------------|---------------|---|-------------------------------|--------------------------|------------------------|------------------------|---|
|                      |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Budha Vasara Yuktayam<br>Svali Nakshatra Indra/Vaidhiti* Yoga Taila/Gara Karana Trityayam Tilau |                               |                          |                        | Sun 16                 | Memphis, TN<br>Sutra 164<br>Vasavasu 5127 |
|                      | <b>Gulika</b> | 10:21AM – 11:52AM   | <b>Svali Until 7:31AM Thu</b> | <b>Ganesha:</b> Red      | <b>Sunrise:</b> 5:49AM |                        |   |
| Tula Rasi: 7.14      | Tilhi 3       | 7:00AM – 7:20AM   | Indra Until 9:36AM            | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:56PM  | Moon 8 - Phase 23 - 16 |   |
| <b>Creative Work</b> | 562828573     | <b>Rahu</b> 11:52AM – 1:22PM  | Taila Until 6:32AM            | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work        | Siddha Yoga   |   | <b>Tritya Until 7:40PM</b>    | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Sivaloka Day</b>                 |

4

Thursday, September 25, 2025

|                      |               |  |                                 |                          |                        |                        |   |
|----------------------|---------------|--|---------------------------------|--------------------------|------------------------|------------------------|---|
|                      |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Guru Vasara Yuktayam<br>Svali/Vishakha Nakshatra Vaidhiti*/Vishkambha* Yoga Vanija/Visi* Karana Chaturthayam Tilau |                                 |                          |                        | Sun 17                 | Memphis, TN<br>Sutra 165<br>Vasavasu 5127 |
|                      | <b>Gulika</b> | 8:51AM – 10:21AM   | <b>Svali Until 7:31AM</b>       | <b>Ganesha:</b> Red      | <b>Sunrise:</b> 5:50AM |                        |   |
| Tula Rasi: 19.09     | Tilhi 4       | 5:50AM – 7:20AM  | Vaidhiti* Until 10:26AM         | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:53PM  | Moon 8 - Phase 23 - 17 |   |
| <b>Creative Work</b> | 562828573     | <b>Rahu</b> 1:22PM – 2:52PM  | Vanija Until 8:54AM             | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work        | Amrita Yoga   |  | <b>Chaturthi* Until 10:06PM</b> | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Sivaloka Day</b>                 |
| Until 7:31AM         |               |  |                                 |                          |                        |                        |   |
| Then Creative Work   | Siddha Yoga   |  |                                 |                          |                        |                        |   |

5

Friday, September 26, 2025

|                      |               |  |                                   |                          |                        |                        |   |
|----------------------|---------------|--|-----------------------------------|--------------------------|------------------------|------------------------|---|
|                      |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Sukra Vasara Yuktayam<br>Vishakha/Anuradha Nakshatra Vishkambha*Pihli Yoga Bava/Balava Karana Panchmayam Tilau |                                   |                          |                        | Sun 18                 | Memphis, TN<br>Sutra 166<br>Vasavasu 5127 |
|                      | <b>Gulika</b> | 7:21AM – 8:51AM  | <b>Vishakha Until 10:40AM</b>     | <b>Ganesha:</b> Blue     | <b>Sunrise:</b> 5:51AM |                        |   |
| Wishika Rasi: 1.01   | Tilhi 5       | 2:51PM – 4:21PM  | Vishkambha* Until 11:21AM         | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:59PM  | Moon 8 - Phase 23 - 18 |   |
| <b>Creative Work</b> | 572828573     | <b>Rahu</b> 10:21AM – 11:51AM  | Bava Until 11:22AM                | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work        | Siddha Yoga   |  | <b>Panchami Until 12:35AM Sat</b> | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Subha Sivaloka Day</b>           |

6

Saturday, September 27, 2025

|                      |               |   |                                   |                          |                        |                        |   |
|----------------------|---------------|---|-----------------------------------|--------------------------|------------------------|------------------------|---|
|                      |               | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Manu Vasara Yuktayam<br>Mula* Nakshatra Anuradha Pihli/Ajushman Yoga Kaulava/Taila Karana Shashthayam Tilau |                                   |                          |                        | Sun 19                 | Memphis, TN<br>Sutra 167<br>Vasavasu 5127 |
|                      | <b>Gulika</b> | 5:52AM – 7:21AM   | <b>Anuradha Until 1:37PM</b>      | <b>Ganesha:</b> Red      | <b>Sunrise:</b> 5:52AM |                        |   |
| Wishika Rasi: 12.53  | Tilhi 6       | 1:21PM – 2:50PM   | Pihli Until 12:16PM               | <b>Muruga:</b> Blue      | <b>Sunset:</b> 5:59PM  | Moon 8 - Phase 23 - 19 |   |
| <b>Creative Work</b> | 672828573     | <b>Rahu</b> 8:51AM – 10:21AM  | Kaulava Until 1:46PM              | <b>Nataraja:</b> White   |                        |                        | 3rd Phase                                 |
| Creative Work        | Siddha Yoga   |   | <b>Shashthi* Until 2:56AM Sun</b> | <b>Autishra/Punarati</b> |                        |                        | <b>Subha Sivaloka Day</b>                 |

Sunday, September 28, 2025

|                     |             |   |                                 |                               |                       |                        |   |
|---------------------|-------------|---|---------------------------------|-------------------------------|-----------------------|------------------------|---|
|                     |             | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Brihas Vasara Yuktayam<br>Jyeshtha*/Mula* Nakshatra Ajushman/Saubhagya Yoga Gara/Vanija Karana Sapthmayam Tilau |                                 |                               |                       | Sun 20                 | Memphis, TN<br>Sutra 168<br>Vasavasu 5127 |
| <b>Retreat Star</b> |             | <b>Gulika</b>   | 2:50PM – 4:19PM                 | <b>Jyeshtha* Until 4:12PM</b> | <b>Ganesha:</b> Green | <b>Sunrise:</b> 5:52AM |   |
| Wishika Rasi: 24.48 | Tilhi 7     | Yama  | 11:51AM – 1:20PM                | Ayushman Until 1:00PM         | <b>Muruga:</b> Blue   | <b>Sunset:</b> 5:49PM  | Moon 8 - Phase 23 - 20                    |
| <b>Routine Work</b> | 672928573   | <b>Rahu</b> 4:19PM – 5:49PM   | Gara Until 4:02PM               | <b>Nataraja:</b> White        |                       |                        | 3rd Phase                                 |
| Creative Work       | Marana Yoga |   | <b>Saptami Until 5:00AM Mon</b> | <b>Autishra/Punarati</b>      |                       |                        | <b>Sivaloka Day</b>                       |
| Until 4:12PM        |             |   |                                 |                               |                       |                        |   |
| Then Creative Work  | Amrita Yoga |   |                                 |                               |                       |                        |   |

D

Monday, September 29, 2025

|                            |             |  |                                  |                           |                     |                        |   |
|----------------------------|-------------|--|----------------------------------|---------------------------|---------------------|------------------------|---|
|                            |             | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Indu Vasara Yuktayam<br>Mula* Nakshatra Saubhagya/Sobhana Yoga Visi*/Bava Karana Ashtmayam Tilau |                                  |                           |                     | Sun 21                 | Memphis, TN<br>Sutra 169<br>Vasavasu 5127 |
| <b>Retreat Star</b>        |             | <b>Gulika</b>  | 1:19PM – 2:49PM                  | <b>Mula* Until 6:45PM</b> | <b>Ganesha:</b> Red | <b>Sunrise:</b> 5:53AM |   |
| Dhanu Rasi: 6.51           | Tilhi 8     | Yama   | 10:21AM – 11:50AM                | Saubhagya Until 1:28PM    | <b>Muruga:</b> Blue | <b>Sunset:</b> 5:47PM  | Moon 8 - Phase 23 - 21                    |
| <b>Family Home Evening</b> | 682928573   | <b>Rahu</b> 7:22AM – 8:52AM  | Visi Until 5:52PM                | <b>Nataraja:</b> White    |                     |                        | Ashtami                                   |
| Creative Work              | Siddha Yoga |  | <b>Ashtami* Until 6:34AM Tue</b> | <b>Autishra/Punarati</b>  |                     |                        | <b>Subha Sivaloka Day</b>                 |
| Until 6:45PM               |             |  |                                  |                           |                     |                        |   |
| Then Routine Work          | Marana Yoga |  |                                  |                           |                     |                        |   |

Tuesday, September 30, 2025

|                      |                    |   |                              |                                  |                     |                        |   |
|----------------------|--------------------|---|------------------------------|----------------------------------|---------------------|------------------------|---|
|                      |                    | Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Karya Mase Sukla Pakshe Mangala Vasara Yuktayam<br>Purvashadha* Nakshatra Sobhana/Atigandha* Yoga Bava/Balava Karana Ashtami/Navamyam Tilau |                              |                                  |                     | Sun 22                 | Memphis, TN<br>Sutra 170<br>Vasavasu 5127 |
| <b>Retreat Star</b>  |                    | <b>Gulika</b>   | 11:50AM – 1:19PM             | <b>Purvashadha* Until 8:35PM</b> | <b>Ganesha:</b> Red | <b>Sunrise:</b> 5:54AM |   |
| Dhanu Rasi: 19.05    | Tilhi 8 – 9        | Yama  | 8:52AM – 10:21AM             | Sobhana Until 1:32PM             | <b>Muruga:</b> Blue | <b>Sunset:</b> 5:46PM  | Moon 8 - Phase 23 - 22                    |
| <b>Creative Work</b> | 682928573          | <b>Rahu</b> 2:48PM – 4:17PM   | Balava Until 7:09PM          | <b>Nataraja:</b> White           |                     |                        | Navami                                    |
| Creative Work        | Siddha Yoga        |   | <b>Ashtami* Until 6:34AM</b> | <b>Autishra/Punarati</b>         |                     |                        | <b>Subha Sivaloka Day</b>                 |
| Until 8:35PM         |                    |   |                              |                                  |                     |                        |   |
| Then Routine Work    | Prabalarishla Yoga |   |                              |                                  |                     |                        |   |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                    |             |                                   |        |   |                          |  |
|--------------------|-------------|-----------------------------------|--------|---|--------------------------|--|
| <b>1</b>           |             | <b>Wednesday, October 1, 2025</b> |        | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Butha Vasara Yuktayam<br>Uttarashada Nakshatra Aihganda/Sukarna Yoga Kaulava/Taila Karana Navami/Dashmyam Tilau |                          | Memphis, TN<br>Sutra 171<br>Vasavasu 5:127   |
| Makara Rasi:       | 1.37        | Tithi:                            | 9 – 10 | <b>Gulika</b>   | <b>10:21AM – 11:50AM</b> | <b>Uttarashada Until 9:34PM</b>  |
|                    |             |                                   |        | <b>Yama</b>   | <b>7:23AM – 8:52AM</b>   | <b>Ganesha:</b> Red<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Light Blue</b> |
|                    |             |                                   |        | <b>Rahu</b>   | <b>11:50AM – 1:18PM</b>  | <b>Alhiganda* Until 1:03PM</b><br><b>Tailita Until 7:44PM</b><br><b>Navami* Until 7:31AM</b>     |
| Creative Work      | Amrita Yoga |                                   |        |   |                          | Sunrise: 5:55AM<br>Sunset: 5:49PM<br>Moon 8 - Phase 24 - 23<br>4th Phase                         |
| Until              | 9:34PM      |                                   |        |   |                          | <b>Subha Sivaloka Day</b>  |
| Then Creative Work | Siddha Yoga |                                   |        |   |                          |  |

|               |             |                                  |         |  |                         |   |
|---------------|-------------|----------------------------------|---------|--|-------------------------|---|
| <b>2</b>      |             | <b>Thursday, October 2, 2025</b> |         | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Guru Vasara Yuktayam<br>Shravana Nakshatra Sukarna/Dhriti Yuga Gara/Vanija Karana Dashami/Ekadashyam Tilau |                         | Memphis, TN<br>Sutra 172<br>Vasavasu 5:127  |
| Makara Rasi:  | 14.28       | Tithi:                           | 10 – 11 | <b>Gulika</b>  | <b>8:52AM – 10:21AM</b> | <b>Shravana Until 10:05PM</b>   |
|               |             |                                  |         | <b>Yama</b>  | <b>5:55AM – 7:24AM</b>  | <b>Ganesha:</b> Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Purple</b> |
|               |             |                                  |         | <b>Rahu</b>  | <b>1:18PM – 2:46PM</b>  | <b>Sukarna Until 11:59AM</b><br><b>Vanija Until 7:31PM</b><br><b>Dashami Until 7:42AM</b>     |
| Creative Work | Siddha Yoga |                                  |         |  |                         | Sunrise: 5:54AM<br>Sunset: 5:49PM<br>Moon 8 - Phase 24 - 24<br>4th Phase                      |
|               |             |                                  |         |  |                         | <b>Sivaloka Day</b>   |

|               |             |                                |         |   |                          |   |
|---------------|-------------|--------------------------------|---------|---|--------------------------|---|
| <b>3</b>      |             | <b>Friday, October 3, 2025</b> |         | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Sukra Vasara Yuktayam<br>Dhanishtha Nakshatra Dhriti/Shula* Yoga Visi/Bava Karana Ekadashi/Ekadashyam Tilau |                          | Memphis, TN<br>Sutra 173<br>Vasavasu 5:127  |
| Makara Rasi:  | 27.44       | Tithi:                         | 11 – 12 | <b>Gulika</b>   | <b>7:24AM – 8:53AM</b>   | <b>Dhanishtha Until 9:41PM</b>  |
|               |             |                                |         | <b>Yama</b>   | <b>2:45PM – 4:13PM</b>   | <b>Ganesha:</b> Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Purple</b> |
|               |             |                                |         | <b>Rahu</b>   | <b>10:21AM – 11:49AM</b> | <b>Dhriti Until 10:18AM</b><br><b>Bava Until 6:30PM</b><br><b>Ekadashi Until 7:05AM</b>       |
| Creative Work | Siddha Yoga |                                |         |   |                          | Sunrise: 5:56AM<br>Sunset: 5:49PM<br>Moon 8 - Phase 24 - 25<br>4th Phase                      |
|               |             |                                |         |   |                          | <b>Sivaloka Day</b>   |

|                   |             |                                  |    |  |                         |   |
|-------------------|-------------|----------------------------------|----|--|-------------------------|---|
| <b>4</b>          |             | <b>Saturday, October 4, 2025</b> |    | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Manu Vasara Yuktayam<br>Shatabhishak Nakshatra Shula*Ganda* Yoga Kaulava/Taila Karana Trayodashyam Tilau |                         | Memphis, TN<br>Sutra 174<br>Vasavasu 5:127  |
| Makara Rasi:      | 11.28       | Tithi:                           | 13 | <b>Gulika</b>  | <b>5:57AM – 7:25AM</b>  | <b>Shatabhishak Until 8:24PM</b>  |
|                   |             |                                  |    | <b>Yama</b>  | <b>1:16PM – 2:44PM</b>  | <b>Ganesha:</b> Blue<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Purple</b>   |
|                   |             |                                  |    | <b>Rahu</b>  | <b>8:53AM – 10:21AM</b> | <b>Shula* Until 7:58AM</b><br><b>Kaulava Until 4:45PM</b><br><b>Trayodashi Until 3:36AM Sun</b> |
| Creative Work     | Amrita Yoga |                                  |    |  |                         | Sunrise: 5:57AM<br>Sunset: 5:49PM<br>Moon 8 - Phase 24 - 26<br>4th Phase                        |
| Until             | 8:24PM      |                                  |    | <b>Kadaltswami Mahasandhi</b>  |                         | <b>Sivaloka Day</b>   |
| Then Routine Work | Marana Yoga |                                  |    |  |                         | <i>Pradosha Vata</i>  |

|                    |             |                                |    |   |                         |   |
|--------------------|-------------|--------------------------------|----|---|-------------------------|---|
| <b>5</b>           |             | <b>Sunday, October 5, 2025</b> |    | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Bhanu Vasara Yuktayam<br>Purvashrothapada* Nakshatra Viddhi Yoga Gara/Vanija Karana Chaturdashyam Tilau |                         | Memphis, TN<br>Sutra 175<br>Vasavasu 5:127  |
| Makara Rasi:       | 25.37       | Tithi:                         | 14 | <b>Gulika</b>   | <b>2:44PM – 4:11PM</b>  | <b>Purvashrothapada* Until 6:47PM</b>   |
|                    |             |                                |    | <b>Yama</b>   | <b>11:48AM – 1:16PM</b> | <b>Ganesha:</b> White<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Clear</b>       |
|                    |             |                                |    | <b>Rahu</b>   | <b>4:11PM – 5:39PM</b>  | <b>Viddhi Until 1:45AM Mon</b><br><b>Gara Until 2:21PM</b><br><b>Chalurdashi* Until 12:56AM Mon</b> |
| Creative Work      | Siddha Yoga |                                |    |   |                         | Sunrise: 5:58AM<br>Sunset: 5:39PM<br>Moon 8 - Phase 24 - 27<br>4th Phase                            |
| Until              | 6:47PM      |                                |    | <b>Chidambaram Abhishekam</b>   |                         | <b>Sivaloka Day</b>   |
| Then Creative Work | Amrita Yoga |                                |    |   |                         |   |

|                                |             |                            |    |  |                          |   |
|--------------------------------|-------------|----------------------------|----|--|--------------------------|---|
| <b>Monday, October 6, 2025</b> |             | <b>Copper Retreat Star</b> |    | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Sukla Pakche Indu Vasara Yuktayam<br>Uttarashrothapada/Revati Nakshatra Dhruva Yoga Visi/Bava Karana Purnimayam Tilau |                          | Memphis, TN<br>Sutra 176<br>Vasavasu 5:127  |
| Meena Rasi:                    | 10.1        | Tithi:                     | 15 | <b>Gulika</b>  | <b>1:15PM – 2:43PM</b>   | <b>Uttarashrothapada Until 4:33PM</b>   |
| <b>Family Home Evening</b>     |             |                            |    | <b>Yama</b>  | <b>10:21AM – 11:48AM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> White<br><b>Moon – Clear</b> |
|                                |             |                            |    | <b>Rahu</b>  | <b>7:26AM – 8:53AM</b>   | <b>Dhruva Until 10:02PM</b><br><b>Visi Until 11:26AM</b><br><b>Purnima* Until 9:49PM</b>      |
| Creative Work                  | Siddha Yoga |                            |    |  |                          | Sunrise: 5:59AM<br>Sunset: 5:37PM<br>Moon 8 - Phase 24 -<br>Purnima                           |
|                                |             |                            |    |  |                          | <b>Subha Sivaloka Day</b>   |

|                                 |             |                            |    |   |                         |   |
|---------------------------------|-------------|----------------------------|----|---|-------------------------|---|
| <b>Tuesday, October 7, 2025</b> |             | <b>Silver Retreat Star</b> |    | Vishvasu Nama Samvatsara Dakshinaya Jvana Ritau Karya Mase Krishna Pakche Mangala Vasara Yuktayam<br>Revati/Ashini Nakshatra Vyaghala* Yoga Balava/Kaulava Karana Prathamayam Tilau |                         | Memphis, TN<br>Sutra 177<br>Vasavasu 5:127  |
| Meena Rasi:                     | 25          | Tithi:                     | 16 | <b>Gulika</b>   | <b>11:48AM – 1:15PM</b> | <b>Revati Until 1:52PM</b>  |
|                                 |             |                            |    | <b>Yama</b>   | <b>8:54AM – 10:21AM</b> | <b>Ganesha:</b> Clear<br><b>Muruga:</b> Blue<br><b>Nataraja:</b> Clear<br><b>Moon – Clear</b> |
|                                 |             |                            |    | <b>Rahu</b>   | <b>2:42PM – 4:09PM</b>  | <b>Vyaghala* Until 6:06PM</b><br><b>Balava Until 8:10AM</b><br><b>Prathama* Until 6:26PM</b>  |
| Creative Work                   | Siddha Yoga |                            |    |   |                         | Sunrise: 5:59AM<br>Sunset: 5:36PM<br>Moon 8 - Phase 24 -<br>Prathama                          |
|                                 |             |                            |    |   |                         | <b>Sivaloka Day</b>   |

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

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**Wednesday, October 8, 2025****Gold Retreat Star**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Vasara Yuktayam  
Ashwini/Bharani Nakshatra Hanbana/Vajra\* Yoga Gara/Vanija Karana Dvitiya/Tritiyam Titau

Memphis, TN

Sun 1

Sutra 178

Viswasa 5127

Mesha Rasi: 10:01 Tithi 17 - 18

Gulika 10:21AM - 11:47AM

Ashwini Until 11:17AM

Ganesh: White

Sunrise: 6:00AM

Moon 9 - Phase 25 - 1

Yama 7:27AM - 8:54AM

Harshana Until 2:05PM

Muruga: Blue

Sunset: 5:39PM

Rahu 11:47AM - 1:14PM

Vanija Until 1:12AM Thu

Nataraja: Clear

Moon - White

**Subha Sivaloka Day**

Routine Work Marana Yoga

Dvitiya Until 2:56PM

**Ashwini/Punarvasi**

Until 11:17AM

Then Creative Work - Siddha Yoga

**Thursday, October 9, 2025**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Guru Vasara Yuktayam  
Bharani/Krittika Nakshatra Vajra\*/Siddhi\* Yoga Visi\*/Bava Karana Chaturtham Titau

Memphis, TN

Sun 2

Sutra 179

Viswasa 5127

Mesha Rasi: 25:02 Tithi 18 - 19

Gulika 8:54AM - 10:21AM

Bharani Until 8:35AM

Ganesh: White

Sunrise: 6:01AM

Moon 9 - Phase 25 - 2

Yama 6:01AM - 7:28AM

Vajra\* Until 10:04AM

Muruga: Blue

Sunset: 5:39PM

Rahu 1:14PM - 2:40PM

Bava Until 9:49PM

Nataraja: Clear

Moon - White

**Subha Sivaloka Day**

Creative Work Siddha Yoga

Tritiya Until 11:28AM

**Ashwini/Punarvasi**

Until 8:35AM

Then Routine Work - Marana Yoga

**Friday, October 10, 2025**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Sukra Vasara Yuktayam  
Rohini Nakshatra Siddhi/Vyaptipata\* Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau

Memphis, TN

Sun 3

Sutra 180

Viswasa 5127

Mithuna Rasi: 9:57 Tithi 19 - 20

Gulika 7:28AM - 8:54AM

Rohini Until 3:51AM Sat

Ganesh: White

Sunrise: 6:03AM

Moon 9 - Phase 25 - 3

Yama 6:01AM - 7:28AM

Siddhi Until 6:13AM

Muruga: Blue

Sunset: 5:39PM

Rahu 10:21AM - 11:47AM

Kaulava Until 6:42PM

Nataraja: Clear

Moon - White

**Subha Sivaloka Day**

Routine Work Marana Yoga

Chaturthi\* Until 8:12AM

**Ashwini/Punarvasi**

Until 3:51AM Sat

Then Creative Work - Siddha Yoga

**Saturday, October 11, 2025**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Manita Vasara Yuktayam  
Migashira Nakshatra Varjyan Yoga Gara/Vanija Karana Shashthiyam Titau

Memphis, TN

Sun 4

Sutra 181

Viswasa 5127

Mithuna Rasi: 24:37 Tithi 21

Gulika 6:03AM - 7:29AM

Mrigashira Until 2:07AM Sun

Ganesh: Yellow

Sunrise: 6:03AM

Moon 9 - Phase 25 - 4

Yama 1:13PM - 2:39PM

Varjyan Until 11:25PM

Muruga: Blue

Sunset: 5:39PM

Rahu 8:55AM - 10:21AM

Gara Until 3:59PM

Nataraja: Clear

Moon - Yellow

**Sivaloka Day**

Creative Work Siddha Yoga

Shashthi\* Until 2:48AM Sun

**Ashwini/Punarvasi****Sunday, October 12, 2025**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Bhanu Vasara Yuktayam  
Ardra Nakshatra Parigha\* Yoga Visi\*/Bava Karana Sapthamam Titau

Memphis, TN

Sun 5

Sutra 182

Viswasa 5127

Mithuna Rasi: 8:57 Tithi 22

Gulika 2:38PM - 4:04PM

Ardra Until 12:47AM Mon

Ganesh: Yellow

Sunrise: 6:03AM

Moon 9 - Phase 25 - 5

Yama 11:46AM - 1:12PM

Parigha\* Until 8:39PM

Muruga: Blue

Sunset: 5:39PM

Rahu 4:04PM - 5:29PM

Visi Until 1:48PM

Nataraja: Clear

Moon - Yellow

**Sivaloka Day**

Creative Work Siddha Yoga

Sapthami Until 12:54AM Mon

**Ashwini/Punarvasi**

Until 12:47AM Mon

Then Creative Work - Amrita Yoga

**Monday, October 13, 2025****Retreat Star**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Indu Vasara Yuktayam  
Punarvasu Nakshatra Shiva Yoga Balava/Kaulava Karana Ashtamam Titau

Memphis, TN

Sun 6

Sutra 183

Viswasa 5127

Mithuna Rasi: 22:55 Tithi 23

Gulika 1:12PM - 2:37PM

Punarvasu Until 12:21AM Tue

Ganesh: Blue

Sunrise: 6:04AM

Moon 9 - Phase 25 - 6

Yama 10:21AM - 11:46AM

Shiva Until 6:23PM

Muruga: Blue

Sunset: 5:39PM

Rahu 7:30AM - 8:55AM

Balava Until 12:12PM

Nataraja: Clear

Moon - Blue

**Subha Sivaloka Day**

Creative Work Amrita Yoga

Ashlami\* Until 11:38PM

**Ashwini/Punarvasi**

Until 12:21AM Tue

Then Creative Work - Siddha Yoga

**Tuesday, October 14, 2025****Retreat Star**Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Karya Mase Krishna Paksha Mangala Vasara Yuktayam  
Pushya Nakshatra Siddha/Sadhyha Yoga Talila/Gara Karana Navamam Titau

Memphis, TN

Sun 7

Sutra 184

Viswasa 5127

Kataka Rasi: 6:29 Tithi 24

Gulika 11:46AM - 1:11PM

Pushya Until 12:26AM Wed

Ganesh: Blue

Sunrise: 6:05AM

Moon 9 - Phase 25 - 7

Yama 8:55AM - 10:21AM

Siddha Until 4:37PM

Muruga: Blue

Sunset: 5:29PM

Rahu 2:36PM - 4:01PM

Talila Until 11:15AM

Nataraja: Clear

Moon - Blue

**Subha Sivaloka Day**

Creative Work Siddha Yoga

Navami\* Until 11:01PM

**Ashwini/Punarvasi**

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

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|                                  |             |                                    |                                    |  |                 |                                    |
|----------------------------------|-------------|------------------------------------|------------------------------------|--|-----------------|------------------------------------|
| <b>1</b>                         |             | <b>Wednesday, October 15, 2025</b> |                                    | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Krishna Paksho Budha Vasara Yuktayam<br>Ashlesha* Nakshatra Sadhya/Subha Yoga Vanja/Visti* Karana Dushanyam Titau |                 | Memphis, TN<br>Sutra 185           |
| Kataka Rasi: 19.41               | Tithi 25    | <b>Gulika</b><br>10:21AM - 11:46AM | <b>Ashlesha* Until 12:59AM Thu</b> | <b>Ganesha:</b> Blue   | Sunrise: 6:06AM | Vasavasu 5:127                     |
|                                  |             | <b>Yama</b><br>7:31AM - 8:56AM     | <b>Sadya Until 3:23PM</b>          | <b>Muruga:</b> Blue  | Sunset: 5:29PM  | Moon 9 - Phase 26 - 8<br>2nd Phase |
| Creative Work                    | Siddha Yoga | <b>Rahu</b><br>11:46AM - 1:11PM    | <b>Vanija Until 10:58AM</b>        | <b>Nataraja:</b> Clear   |                 |                                    |
| Until 12:59AM Thu                |             |                                    | <b>Dashami Until 11:03PM</b>       | <b>Moon - Blue</b>   |                 | <b>Subha Sivaloka Day</b>          |
| Then Creative Work - Amrita Yoga |             |                                    |                                    | <b>Ashvini-Kippali</b>   |                 |                                    |

|                                  |             |                                   |                                |   |                 |                                    |
|----------------------------------|-------------|-----------------------------------|--------------------------------|---|-----------------|------------------------------------|
| <b>2</b>                         |             | <b>Thursday, October 16, 2025</b> |                                | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Karya Mase Krishna Paksho Guru Vasara Yuktayam<br>Magha* Nakshatra Subha/Sukla Yoga Bava/Balava Karana Ekadashyam Titau |                 | Memphis, TN<br>Sutra 186           |
| Simha Rasi: 2.34                 | Tithi 26    | <b>Gulika</b><br>8:56AM - 10:21AM | <b>Magha* Until 2:25AM Fri</b> | <b>Ganesha:</b> Red   | Sunrise: 6:07AM | Vasavasu 5:127                     |
|                                  |             | <b>Yama</b><br>6:07AM - 7:31AM    | <b>Subha Until 2:38PM</b>      | <b>Muruga:</b> Blue   | Sunset: 5:29PM  | Moon 9 - Phase 26 - 9<br>2nd Phase |
| Creative Work                    | Amrita Yoga | <b>Rahu</b><br>1:10PM - 2:35PM    | <b>Bava Until 11:19AM</b>      | <b>Nataraja:</b> Clear  |                 |                                    |
| Until 2:25AM Fri                 |             |                                   | <b>Ekadashi* Until 11:40PM</b> | <b>Moon - Red</b>   |                 | <b>Sivaloka Day</b>                |
| Then Creative Work - Siddha Yoga |             |                                   |                                | <b>Ashvini-Kippali</b>  |                 |                                    |

|                                 |             |                                  |                                       |  |                 |                                     |
|---------------------------------|-------------|----------------------------------|---------------------------------------|--|-----------------|-------------------------------------|
| <b>3</b>                        |             | <b>Friday, October 17, 2025</b>  |                                       | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paksho Sukra Vasara Yuktayam<br>Purvaphalguni Nakshatra Sukla/Brahma Yoga Kaulava/Taila Karana Dvadashtyam Titau |                 | Memphis, TN<br>Sutra 187            |
| Simha Rasi: 15.11               | Tithi 27    | <b>Gulika</b><br>7:32AM - 8:56AM | <b>Purvaphalguni Until 4:10AM Sat</b> | <b>Ganesha:</b> Red  | Sunrise: 6:08AM | Vasavasu 5:127                      |
|                                 |             | <b>Yama</b><br>2:34PM - 3:58PM   | <b>Sukla Until 2:16PM</b>             | <b>Muruga:</b> Blue  | Sunset: 5:29PM  | Moon 9 - Phase 26 - 10<br>2nd Phase |
| Creative Work                   | Siddha Yoga | <b>Rahu</b><br>10:21AM - 11:45AM | <b>Kaulava Until 12:12PM</b>          | <b>Nataraja:</b> Clear   |                 |                                     |
| Until 4:10AM Sat                |             |                                  | <b>Dvadashti* Until 12:49AM Sat</b>   | <b>Moon - Red</b>  |                 | <b>Sivaloka Day</b>                 |
| Then Routine Work - Marana Yoga |             |                                  |                                       | <b>Ashvini-Kippali</b>   |                 |                                     |

|                                  |             |                                   |  |  |                 |                                     |
|----------------------------------|-------------|-----------------------------------|--|--|-----------------|-------------------------------------|
| <b>4</b>                         |             | <b>Saturday, October 18, 2025</b> |  | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paksho Marta Vasara Yuktayam<br>Uttaraphalguni Nakshatra Brahma/Indra Yoga Gara/Vanaja Karana Trayodashyam Titau |                 | Memphis, TN<br>Sutra 188            |
| Simha Rasi: 27.35                | Tithi 28    | <b>Gulika</b><br>6:08AM - 7:33AM  | <b>Uttaraphalguni Until 6:10AM Sun</b> | <b>Ganesha:</b> Red  | Sunrise: 6:08AM | Vasavasu 5:127                      |
|                                  |             | <b>Yama</b><br>1:09PM - 2:33PM    | <b>Brahma Until 2:17PM</b>             | <b>Muruga:</b> Blue  | Sunset: 5:29PM  | Moon 9 - Phase 26 - 11<br>2nd Phase |
| Routine Work                     | Marana Yoga | <b>Rahu</b><br>8:57AM - 10:21AM   | <b>Gara Until 1:34PM</b>               | <b>Nataraja:</b> Clear   |                 |                                     |
| Until 6:10AM Sun                 |             |                                   | <b>Trayodashi* Until 2:23AM Sun</b>    | <b>Moon - Red</b>  |                 | <b>Sivaloka Day</b>                 |
| Then Creative Work - Amrita Yoga |             |                                   |  | <b>Ashvini-Kippali</b>   |                 |                                     |
|                                  |             |                                   |  | <b>Pradosha Vata (Fasting)</b>   |                 |                                     |

|                                       |             |                                       |                                      |  |                 |                                     |
|---------------------------------------|-------------|---------------------------------------|--------------------------------------|--|-----------------|-------------------------------------|
| <b>5</b>                              |             | <b>Sunday, October 19, 2025</b>       |                                      | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paksho Shruva Vasara Yuktayam<br>Uttaraphalguni Nakshatra Indra/Vaidhri* Yoga Visti/Sakuni* Karana Chaturdashyam Titau |                 | Memphis, TN<br>Sutra 189            |
| Kanya Rasi: 9.49                      | Tithi 29    | <b>Gulika</b><br>2:33PM - 3:56PM      | <b>Uttaraphalguni Until 6:10AM</b>   | <b>Ganesha:</b> Red  | Sunrise: 6:09AM | Vasavasu 5:127                      |
|                                       |             | <b>Yama</b><br>11:45AM - 1:09PM       | <b>Indra Until 2:35PM</b>            | <b>Muruga:</b> Blue  | Sunset: 5:29PM  | Moon 9 - Phase 26 - 12<br>2nd Phase |
| Creative Work                         | Amrita Yoga | <b>Rahu</b><br>3:56PM - 5:20PM        | <b>Visti Until 3:19PM</b>            | <b>Nataraja:</b> Clear   |                 |                                     |
| Until 8:48AM                          |             |                                       | <b>Chaturdashi* Until 4:18AM Mon</b> | <b>Moon - Red</b>  |                 | <b>Sivaloka Day</b>                 |
| Then Routine Work - Prabarishtha Yoga |             | <b>Deepavali Hindu Solidarity Day</b> |                                      | <b>Ashvini-Kippali</b>   |                 |                                     |

|                                       |             |                                     |                                   |   |                 |                                    |
|---------------------------------------|-------------|-------------------------------------|-----------------------------------|---|-----------------|------------------------------------|
| <b>Monday, October 20, 2025</b>       |             | <b>Retreat Star</b>                 |                                   | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Krishna Paksho Indu Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vaidhri/Vishkambha* Yoga Cataspada/Naga* Karana Amavasya Pratimayam Titau |                 | Memphis, TN<br>Sutra 190           |
| Kanya Rasi: 21.55                     | Tithi 30    | <b>Gulika</b><br>1:08PM - 2:32PM    | <b>Hasla Until 8:48AM</b>         | <b>Ganesha:</b> Blue  | Sunrise: 6:10AM | Vasavasu 5:127                     |
| <b>Family Home Evening</b>            |             | <b>Yama</b><br>10:21AM - 11:45AM    | <b>Vaidhri* Until 3:06PM</b>      | <b>Muruga:</b> Blue   | Sunset: 5:29PM  | Moon 9 - Phase 26 - 13<br>Amavasya |
| Creative Work                         | Siddha Yoga | <b>Rahu</b><br>7:34AM - 8:57AM      | <b>Cataspada Until 5:22PM</b>     | <b>Nataraja:</b> Clear  |                 |                                    |
| Until 8:48AM                          |             | <b>Subramuniyaswami Mahasamadhi</b> | <b>Amavasya* Until 6:28AM Tue</b> | <b>Moon - Green</b>   |                 | <b>Devaloka Day</b>                |
| Then Routine Work - Prabarishtha Yoga |             |                                     |                                   | <b>Ashvini-Kippali</b>  |                 |                                    |

|                                       |              |                                   |                                 |  |                 |                                    |
|---------------------------------------|--------------|-----------------------------------|---------------------------------|--|-----------------|------------------------------------|
| <b>Tuesday, October 21, 2025</b>      |              | <b>Retreat Star</b>               |                                 | Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksho Mangala Vasara Yuktayam<br>Chitra/Sivali Nakshatra Vishkambha*Prithi Yoga Naga/Kinughna* Karana Amavasya Pratimayam Titau |                 | Memphis, TN<br>Sutra 191           |
| Tula Rasi: 3.55                       | Tithi 30 - 1 | <b>Gulika</b><br>11:45AM - 1:08PM | <b>Chitra Until 11:31AM</b>     | <b>Ganesha:</b> Blue   | Sunrise: 6:11AM | Vasavasu 5:127                     |
|                                       |              | <b>Yama</b><br>8:58AM - 10:21AM   | <b>Vishkambha* Until 3:48PM</b> | <b>Muruga:</b> Blue  | Sunset: 5:29PM  | Moon 9 - Phase 26 - 14<br>Prathama |
| Creative Work                         | Siddha Yoga  | <b>Rahu</b><br>2:31PM - 3:55PM    | <b>Kinughna Until 7:39PM</b>    | <b>Nataraja:</b> Clear   |                 |                                    |
| Until 8:48AM                          |              | <b>Skanda Shasthi Begins</b>      | <b>Amavasya* Until 6:28AM</b>   | <b>Moon - Green</b>  |                 | <b>Devaloka Day</b>                |
| Then Routine Work - Prabarishtha Yoga |              |                                   |                                 | <b>Kartika-Kippali</b>   |                 |                                    |

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

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|               |                                    |             |   |  |  |   |                                     |
|---------------|------------------------------------|-------------|---|--|--|---|-------------------------------------|
| 1             | <b>Wednesday, October 22, 2025</b> |             | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Vasara Yuktayam<br>Svali/Vishkha Nakshatra Pitti/Ayushman Yoga Bava/Balava Karana Prathama/Dvitiyam Tilau |  |  |   | Memphis, TN<br>Sutra 192            |
|               | Tula Rasi: 15.5                    | Tilhi 1 – 2 | <b>Gulika</b><br>10:21AM – 11:44AM<br>Yama<br>7:35AM – 8:58AM<br>Rahu<br>11:44AM – 1:07PM   | <b>Svali Until 2:14PM</b><br>Priti Until 4:38PM<br>Balava Until 10:05PM<br><b>Prathama* Until 8:50AM</b> | <b>Ganesh:</b> Green<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Orange | <b>Sunrise:</b> 6:12AM<br><b>Sunset:</b> 5:17PM | Moon 9 - Phase 27 - 15<br>3rd Phase |
| Creative Work | Siddha Yoga                        | 664138574   |   | <b>Kartika-Ajval</b>   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM  |   |                                     |

|               |                                   |             |  |   |  |   |                                     |
|---------------|-----------------------------------|-------------|--|---|--|---|-------------------------------------|
| 2             | <b>Thursday, October 23, 2025</b> |             | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Guru Vasara Yuktayam<br>Vishkha/Anusha Nakshatra Apoham/Saubhagya Yoga Kaulava/Taila Karana Dvitiya/Tritiyam Tilau |   |  |   | Memphis, TN<br>Sutra 193            |
|               | Tula Rasi: 27.42                  | Tilhi 2 – 3 | <b>Gulika</b><br>8:59AM – 10:21AM<br>Yama<br>6:13AM – 7:36AM<br>Rahu<br>1:07PM – 2:30PM  | <b>Vishkha Until 5:22PM</b><br>Ayushman Until 5:30PM<br>Taila Until 12:36AM Fri<br><b>Dvitiya Until 11:19AM</b> | <b>Ganesh:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Orange | <b>Sunrise:</b> 6:13AM<br><b>Sunset:</b> 5:16PM | Moon 9 - Phase 27 - 16<br>3rd Phase |
| Creative Work | Siddha Yoga                       | 674138574   |  | <b>Kartika-Ajval</b>  | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM  |   |                                     |

|               |                                 |             |  |  |  |   |                                     |
|---------------|---------------------------------|-------------|--|--|--|---|-------------------------------------|
| 3             | <b>Friday, October 24, 2025</b> |             | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Sukra Vasara Yuktayam<br>Anuradha Nakshatra Saubhagya Yoga Gara/Vanija Karana Tritiya/Chaturtham Tilau |  |  |   | Memphis, TN<br>Sutra 194            |
|               | Wischika Rasi: 9.34             | Tilhi 3 – 4 | <b>Gulika</b><br>7:36AM – 8:59AM<br>Yama<br>2:29PM – 3:52PM<br>Rahu<br>10:21AM – 11:44AM   | <b>Anuradha Until 8:21PM</b><br>Saubhagya Until 6:24PM<br>Vanija Until 3:06AM Sat<br><b>Tritiya Until 1:50PM</b> | <b>Ganesh:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Orange | <b>Sunrise:</b> 6:14AM<br><b>Sunset:</b> 5:16PM | Moon 9 - Phase 27 - 17<br>3rd Phase |
| Creative Work | Siddha Yoga                     | 674138574   |  | <b>Kartika-Ajval</b>   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM  |   |                                     |

|               |                                   |             |   |   |  |   |                                     |
|---------------|-----------------------------------|-------------|---|---|--|---|-------------------------------------|
| 4             | <b>Saturday, October 25, 2025</b> |             | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Manu Vasara Yuktayam<br>Anuradha Nakshatra Saubhagya Yoga Visli/Bava Karana Chaturthi/Panchamam Tilau |   |  |   | Memphis, TN<br>Sutra 195            |
|               | Wischika Rasi: 21.26              | Tilhi 4 – 5 | <b>Gulika</b><br>6:15AM – 7:37AM<br>Yama<br>1:06PM – 2:29PM<br>Rahu<br>8:59AM – 10:22AM   | <b>Jyeshtha* Until 11:05PM</b><br>Sobhana Until 7:14PM<br>Bava Until 5:29AM Sun<br><b>Chaturthi* Until 4:17PM</b> | <b>Ganesh:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Orange | <b>Sunrise:</b> 6:15AM<br><b>Sunset:</b> 5:18PM | Moon 9 - Phase 27 - 18<br>3rd Phase |
| Creative Work | Siddha Yoga                       | 674138574   |   | <b>Kartika-Ajval</b>  | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM  |   |                                     |

|               |                                 |           |  |   |  |   |                                     |
|---------------|---------------------------------|-----------|--|---|--|---|-------------------------------------|
| 5             | <b>Sunday, October 26, 2025</b> |           | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Bhanu Vasara Yuktayam<br>Mula* Nakshatra Athiganda* Yoga Balava Karana Panchamam Tilau |   |  |   | Memphis, TN<br>Sutra 196            |
|               | Dhanus Rasi: 3.21               | Tilhi 5   | <b>Gulika</b><br>2:28PM – 3:50PM<br>Yama<br>11:44AM – 1:06PM<br>Rahu<br>3:50PM – 5:12PM  | <b>Mula* Until 1:55AM Mon</b><br>Athiganda* Until 7:54PM<br>Balava Until 6:33PM<br><b>Panchami Until 6:33PM</b> | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Light Blue | <b>Sunrise:</b> 6:16AM<br><b>Sunset:</b> 5:17PM | Moon 9 - Phase 27 - 19<br>3rd Phase |
| Creative Work | Amrita Yoga                     | 684138574 |  | <b>Kartika-Ajval</b>  | <b>Devaloka Day</b>  |   |                                     |

|               |                                 |           |  |   |  |   |                                     |
|---------------|---------------------------------|-----------|--|---|--|---|-------------------------------------|
| 6             | <b>Monday, October 27, 2025</b> |           | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Indu Vasara Yuktayam<br>Purvashadha* Nakshatra Sukarma Yoga Kaulava/Taila Karana Shashtham Tilau |   |  |   | Memphis, TN<br>Sutra 197            |
|               | Dhanus Rasi: 15.22              | Tilhi 6   | <b>Gulika</b><br>1:06PM – 2:27PM<br>Yama<br>10:22AM – 11:44AM<br>Rahu<br>7:38AM – 9:00AM   | <b>Purvashadha* Until 4:14AM Tue</b><br>Sukarma Until 8:19PM<br>Kaulava Until 7:36AM<br><b>Shashthi* Until 8:29PM</b> | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Light Blue | <b>Sunrise:</b> 6:16AM<br><b>Sunset:</b> 5:17PM | Moon 9 - Phase 27 - 20<br>3rd Phase |
| Creative Work | Marana Yoga                     | 684138574 |  | <b>Kartika-Ajval</b>  | <b>Devaloka Day</b>  |   |                                     |

|               |                                  |           |   |   |  |   |                                     |
|---------------|----------------------------------|-----------|---|---|--|---|-------------------------------------|
| Retreat Star  | <b>Tuesday, October 28, 2025</b> |           | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Mangala Vasara Yuktayam<br>Uttarashadha Nakshatra Dhriti Yoga Gara/Vanija Karana Saptamam Tilau |   |  |   | Memphis, TN<br>Sutra 198            |
|               | Dhanus Rasi: 27.34               | Tilhi 7   | <b>Gulika</b><br>11:44AM – 1:05PM<br>Yama<br>9:01AM – 10:22AM<br>Rahu<br>2:27PM – 3:48PM  | <b>Uttarashadha Until 5:51AM Wed</b><br>Dhriti Until 8:22PM<br>Gara Until 9:17AM<br><b>Saptami Until 9:54PM</b> | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Light Blue | <b>Sunrise:</b> 6:17AM<br><b>Sunset:</b> 5:18PM | Moon 9 - Phase 27 - 21<br>3rd Phase |
| Creative Work | Prabalarishya Yoga               | 684138574 |   | <b>Kartika-Ajval</b>  | <b>Devaloka Day</b>  |   |                                     |

|               |                                    |           |  |   |  |   |                                   |
|---------------|------------------------------------|-----------|--|---|--|---|-----------------------------------|
| Retreat Star  | <b>Wednesday, October 29, 2025</b> |           | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Budha Vasara Yuktayam<br>Shravana Nakshatra Shula* Yoga Visli/Bava Karana Ashtamam Tilau |   |  |   | Memphis, TN<br>Sutra 199          |
|               | Makara Rasi: 9.59                  | Tilhi 8   | <b>Gulika</b><br>10:22AM – 11:44AM<br>Yama<br>7:40AM – 9:01AM<br>Rahu<br>11:44AM – 1:05PM  | <b>Shravana Until 7:06AM Thu</b><br>Shula* Until 7:52PM<br>Visli Until 10:24AM<br><b>Ashtami* Until 10:39PM</b> | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Light Blue | <b>Sunrise:</b> 6:18AM<br><b>Sunset:</b> 5:08PM | Moon 9 - Phase 27 - 22<br>Ashtami |
| Creative Work | Siddha Yoga                        | 684138574 |  | <b>Kartika-Ajval</b>  | <b>Devaloka Day</b>  |   |                                   |

|               |                                   |           |   |   |   |   |                                  |
|---------------|-----------------------------------|-----------|---|---|---|---|----------------------------------|
| Retreat Star  | <b>Thursday, October 30, 2025</b> |           | Viswastu Nama Samvatsare Dakshinaya Jivana Ritau Tula Mase Sukla Paksha Guru Vasara Yuktayam<br>Shravana/Dhanishtha Nakshatra Ganda* Yoga Balava/Kaulava Karana Navamam Tilau |   |   |   | Memphis, TN<br>Sutra 200         |
|               | Makara Rasi: 22.44                | Tilhi 9   | <b>Gulika</b><br>9:01AM – 10:22AM<br>Yama<br>6:19AM – 7:40AM<br>Rahu<br>1:05PM – 2:26PM   | <b>Shravana Until 7:06AM</b><br>Ganda* Until 6:47PM<br>Balava Until 10:45AM<br><b>Navami* Until 10:37PM</b> | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon – Purple | <b>Sunrise:</b> 6:19AM<br><b>Sunset:</b> 5:08PM | Moon 9 - Phase 27 - 23<br>Navami |
| Creative Work | Siddha Yoga                       | 694138574 |   | <b>Kartika-Ajval</b>  | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM   |   |                                  |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|               |                                 |   |  |   |   |   |
|---------------|---------------------------------|---|--|---|---|---|
| <b>1</b>      | <b>Friday, October 31, 2025</b> | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Sukla Paksha Vasara Yuktayam<br>Dhanishtha/Shatabhishak Nakshatra Vidhi/Dhruva Yoga Talila/Gara Karana Dashantayam Titau |  |   |   | Memphis, TN<br>Satra 201                              |
|               | Kumbha Rasi: 5.53    Tithi 10   | <b>Gulika</b> 7:41AM - 9:02AM<br><b>Yama</b> 2:25PM - 3:46PM  | <b>Dhanishtha Until 7:23AM</b><br>Vidhi Until 5:04PM<br>Talila Until 10:18AM | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Purple | <b>Sunrise:</b> 6:20AM<br><b>Sunset:</b> 5:07PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - 24<br>4th Phase |
| Creative Work | Siddha Yoga                     | 694138574   | <b>Rahu</b> 10:23AM - 11:44AM  | <b>Dashami Until 9:44PM</b>   | <b>Bhuloka Day</b><br>Devaloka Time: 3PM to 6PM |   |

|               |                                   |   |  |  |   |   |
|---------------|-----------------------------------|---|--|--|---|---|
| <b>2</b>      | <b>Saturday, November 1, 2025</b> | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Sukla Paksha Menta Vasara Yuktayam<br>Shatabhishak/Puravroshthapada* Nakshatra Dhruva/Vyaghata* Yoga Vanja/Visli* Karana Ekadashayam Titau |  |  |   | Memphis, TN<br>Satra 202                              |
|               | Kumbha Rasi: 19.29    Tithi 11    | <b>Gulika</b> 6:21AM - 7:42AM<br><b>Yama</b> 1:04PM - 2:25PM  | <b>Shatabhishak Until 6:42AM</b><br>Dhruva Until 2:39PM<br>Vanija Until 9:00AM | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Purple | <b>Sunrise:</b> 6:21AM<br><b>Sunset:</b> 5:06PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - 25<br>4th Phase |
| Creative Work | Amrita Yoga                       | 695138574   | <b>Rahu</b> 9:02AM - 10:23AM   | <b>Ekadashi Until 8:02PM</b>   | <b>Devaloka Day</b>                             |   |
| Until 6:42AM  | Then Routine Work - Marana Yoga   |   |  |  |   |   |

|                  |                                   |   |  |   |   |   |
|------------------|-----------------------------------|---|--|---|---|---|
| <b>3</b>         | <b>Sunday, November 2, 2025</b>   | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Sukla Paksha Bhana Vasara Yuktayam<br>Uttaravroshthapada Nakshatra Vyaghata* Harshana Yoga Bava/Kaulava Karana Dvadashi/Trayodashyam Titau |  |   |   | Memphis, TN<br>Satra 203                              |
|                  | Meena Rasi: 3.35    Tithi 12 - 13 | <b>Gulika</b> 2:24PM - 3:45PM<br><b>Yama</b> 11:43AM - 1:04PM   | <b>Uttaravroshthapada Until 3:34AM Mon</b><br>Vyaghata* Until 11:39AM<br>Bava Until 6:55AM | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Clear | <b>Sunrise:</b> 6:22AM<br><b>Sunset:</b> 5:05PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - 26<br>4th Phase |
| Creative Work    | Amrita Yoga                       | 615138574   | <b>Rahu</b> 3:45PM - 5:05PM  | <b>Dvadashi Until 5:36PM</b>  | <b>Devaloka Day</b>                             |   |
| Until 3:34AM Mon | Then Creative Work - Siddha Yoga  |   |  |   |   |   |

|               |  |   |  |   |   |   |
|---------------|--|---|--|---|---|---|
| <b>4</b>      | <b>Monday, November 3, 2025</b>                                  | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Sukla Paksha Indu Vasara Yuktayam<br>Revati Nakshatra Harshana/Vajra* Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau |  |   |   | Memphis, TN<br>Satra 204                              |
|               | Meena Rasi: 18.09    Tithi 13 - 14<br><b>Family Home Evening</b> | <b>Gulika</b> 1:04PM - 2:24PM<br><b>Yama</b> 10:23AM - 11:43AM  | <b>Revati Until 12:55AM Tue</b><br>Harshana Until 8:08AM<br>Gara Until 12:54AM Tue | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Clear | <b>Sunrise:</b> 6:23AM<br><b>Sunset:</b> 5:04PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - 27<br>4th Phase |
| Creative Work | Siddha Yoga  | 615138574   | <b>Rahu</b> 7:43AM - 9:03AM  | <b>Trayodashi Until 2:34PM</b>  | <b>Devaloka Day</b>                             |   |
|               |  |   |  |   |   |   |

|               |   |   |  |  |   |   |
|---------------|---|---|--|--|---|---|
| <b>O</b>      | <b>Tuesday, November 4, 2025</b>                                | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Sukla Paksha Mangala Vasara Yuktayam<br>Ashvini Nakshatra Siddhi Yoga Vanja/Visli* Karana Chaturdashi/Purnimayam Titau |  |  |   | Memphis, TN<br>Satra 205                      |
|               | Mesha Rasi: 3.06    Tithi 14 - 15<br><b>Copper Retreat Star</b> | <b>Gulika</b> 11:43AM - 1:03PM<br><b>Yama</b> 9:04AM - 10:24AM  | <b>Ashvini Until 10:10PM</b><br>Siddhi Until 11:58PM<br>Visli Until 9:16PM | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - White | <b>Sunrise:</b> 6:24AM<br><b>Sunset:</b> 5:03PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - Purnima |
| Creative Work | Siddha Yoga   | 625138574   | <b>Rahu</b> 2:23PM - 3:43PM  | <b>Chaturdashi* Until 11:06AM</b>  | <b>Sivaloka Day</b>                             |   |
|               |   |   |  |  |   |   |

|               |  |  |  |  |   |  |
|---------------|--|--|--|--|---|--|
| <b>W</b>      | <b>Wednesday, November 5, 2025</b>                               | Vishvasu Nama Samvatsara Dakshinaya Jivana Ritau Tula Mese Krishna Paksha Budha Vasara Yuktayam<br>Bharani Nakshatra Vyalipala* Yoga Bava/Kaulava Karana Purnima/Prathamayam Titau |  |  |   | Memphis, TN<br>Satra 206                       |
|               | Mesha Rasi: 18.18    Tithi 15 - 16<br><b>Silver Retreat Star</b> | <b>Gulika</b> 10:24AM - 11:44AM<br><b>Yama</b> 7:45AM - 9:04AM   | <b>Bharani Until 7:06PM</b><br>Vyalipala* Until 7:37PM<br>Kaulava Until 3:29AM Thu | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - White | <b>Sunrise:</b> 6:25AM<br><b>Sunset:</b> 5:02PM | Vasavasu 5:127<br>Moon 9 - Phase 2B - Prathama |
| Creative Work | Siddha Yoga  | 625138574  | <b>Rahu</b> 11:44AM - 1:03PM   | <b>Purnima* Until 7:21AM</b>   | <b>Sivaloka Day</b>                             |  |
| Until 7:06PM  | Then Creative Work - Amrita Yoga                                 |  |  |  |   |  |

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

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**Thursday, November 6, 2025****Gold Retreat Star**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Guru Vasara Yuktayam  
Kritika/Rohini Nakshatra Varjyam/Parigha\* Yoga Talilla/Gara Karana Dvityayam Titau

Memphis, TN

Sutra 207

|                  |             |                                |                              |                        |                 |                      |               |
|------------------|-------------|--------------------------------|------------------------------|------------------------|-----------------|----------------------|---------------|
| Wishabha Rasi: 4 | Tithi 17    | <b>Gulika</b> 9:05AM - 10:24AM | <b>Kritika Until 3:55PM</b>  | <b>Ganesh:</b> Clear   | Sunrise: 6:26AM |                      | Vasavasu 5:17 |
|                  |             | Yama 6:26AM - 7:45AM           | Varjyam Until 3:15PM         | <b>Muruga:</b> Yellow  | Sunset: 5:09PM  | Moon 10 - Phase 29 - | 1st Phase     |
| Routine Work     | Marana Yoga | <b>Rahu</b> 1:03PM - 2:22PM    | Taililla Until 1:35PM        | <b>Nataraja:</b> Clear |                 |                      |               |
|                  |             |                                | <b>Dvitiya Until 11:42PM</b> | Moon - White           |                 | <b>Devaloka Day</b>  |               |

**Kartika-Ajaya****1****Friday, November 7, 2025**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Sakra Vasara Yuktayam  
Rohini/Mrigashira Nakshatra Parigha\* Shiva Yoga Vanija/Visi\* Karana Trityayam Titau

Memphis, TN

Sutra 208

|                      |             |                               |                             |                        |                 |                        |               |
|----------------------|-------------|-------------------------------|-----------------------------|------------------------|-----------------|------------------------|---------------|
| Wishabha Rasi: 18.49 | Tithi 18    | <b>Gulika</b> 7:46AM - 9:05AM | <b>Rohini Until 1:09PM</b>  | <b>Ganesh:</b> Purple  | Sunrise: 6:27AM | Sun 1                  | Vasavasu 5:17 |
|                      |             | Yama 2:22PM - 3:41PM          | Parigha* Until 11:02AM      | <b>Muruga:</b> Yellow  | Sunset: 5:09PM  | Moon 10 - Phase 29 - 1 | 1st Phase     |
| Routine Work         | Marana Yoga | <b>Rahu</b> 10:24AM - 11:44AM | Vanija Until 9:54AM         | <b>Nataraja:</b> Clear |                 |                        |               |
| Until 1:09PM         |             |                               | <b>Tritiya Until 8:10PM</b> | Moon - Yellow          |                 | <b>Sivaloka Day</b>    |               |

**Kartika-Ajaya****2****Saturday, November 8, 2025**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Morita Vasara Yuktayam  
Mrgishira/Ardra Nakshatra Shiva/Siddha Yoga Bava/Kaulava Karana Chaturthi/Panchamam Titau

Memphis, TN

Sutra 209

|                    |               |                               |                                |                        |                 |                        |               |
|--------------------|---------------|-------------------------------|--------------------------------|------------------------|-----------------|------------------------|---------------|
| Mithuna Rasi: 3.48 | Tithi 19 - 20 | <b>Gulika</b> 6:28AM - 7:47AM | <b>Mrgishira Until 10:38AM</b> | <b>Ganesh:</b> Purple  | Sunrise: 6:28AM | Sun 2                  | Vasavasu 5:17 |
|                    |               | Yama 1:03PM - 2:22PM          | Shiva Until 7:07AM             | <b>Muruga:</b> Yellow  | Sunset: 5:09PM  | Moon 10 - Phase 29 - 2 | 1st Phase     |
| Creative Work      | Siddha Yoga   | <b>Rahu</b> 9:06AM - 10:25AM  | Bava Until 6:33AM              | <b>Nataraja:</b> Clear |                 |                        |               |
|                    |               |                               | <b>Chaturthi* Until 5:02PM</b> | Moon - Yellow          |                 | <b>Sivaloka Day</b>    |               |

**Kartika-Ajaya****3****Sunday, November 9, 2025**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Bhanu Vasara Yuktayam  
Ardra/Punarvasu Nakshatra Sadhya Yoga Talilla/Gara Karana Panchami/Shashthiyam Titau

Memphis, TN

Sutra 210

|                     |               |                               |                              |                        |                 |                        |               |
|---------------------|---------------|-------------------------------|------------------------------|------------------------|-----------------|------------------------|---------------|
| Mithuna Rasi: 18.25 | Tithi 20 - 21 | <b>Gulika</b> 2:21PM - 3:40PM | <b>Ardra Until 8:30AM</b>    | <b>Ganesh:</b> Purple  | Sunrise: 6:29AM | Sun 3                  | Vasavasu 5:17 |
|                     |               | Yama 11:44AM - 1:03PM         | Sadhya Until 12:35AM Mon     | <b>Muruga:</b> Yellow  | Sunset: 4:59PM  | Moon 10 - Phase 29 - 3 | 1st Phase     |
| Creative Work       | Siddha Yoga   | <b>Rahu</b> 3:40PM - 4:59PM   | Gara Until 1:29AM Mon        | <b>Nataraja:</b> Clear |                 |                        |               |
|                     |               |                               | <b>Panchami Until 2:29PM</b> | Moon - Yellow          |                 | <b>Sivaloka Day</b>    |               |

**Kartika-Ajaya****4****Monday, November 10, 2025**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Indu Vasara Yuktayam  
Punarvasu/Pushya Nakshatra Subha Yoga Vanija/Visi\* Karana Shashthi/Saptamam Titau

Memphis, TN

Sutra 211

|                            |               |                               |                                |                        |                 |                        |               |
|----------------------------|---------------|-------------------------------|--------------------------------|------------------------|-----------------|------------------------|---------------|
| Kataka Rasi: 2.34          | Tithi 21 - 22 | <b>Gulika</b> 1:02PM - 2:21PM | <b>Punarvasu Until 7:18AM</b>  | <b>Ganesh:</b> Clear   | Sunrise: 6:30AM | Sun 4                  | Vasavasu 5:17 |
|                            |               | Yama 10:25AM - 11:44AM        | Subha Until 10:13PM            | <b>Muruga:</b> Yellow  | Sunset: 4:59PM  | Moon 10 - Phase 29 - 4 | 1st Phase     |
| <b>Family Home Evening</b> |               | <b>Rahu</b> 7:48AM - 9:07AM   | Visi Until 12:02AM Tue         | <b>Nataraja:</b> Clear |                 |                        |               |
| Creative Work              | Amrita Yoga   |                               | <b>Shashthi* Until 12:38PM</b> | Moon - Blue            |                 | <b>Devaloka Day</b>    |               |
| Until 7:18AM               |               |                               |                                |                        |                 |                        |               |

**Kartika-Ajaya****5****Tuesday, November 11, 2025****Retreat Star**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Mangala Vasara Yuktayam  
Pushya/Ashlesha\* Nakshatra Sukla Yoga Bava/Balava Karana Saptami/Ashtamam Titau

Memphis, TN

Sutra 212

|                    |               |                                |                              |                        |                 |                           |               |
|--------------------|---------------|--------------------------------|------------------------------|------------------------|-----------------|---------------------------|---------------|
| Kataka Rasi: 16.14 | Tithi 22 - 23 | <b>Gulika</b> 11:44AM - 1:02PM | <b>Pushya Until 6:45AM</b>   | <b>Ganesh:</b> White   | Sunrise: 6:31AM | Sun 5                     | Vasavasu 5:17 |
|                    |               | Yama 9:07AM - 10:26AM          | Sukla Until 8:27PM           | <b>Muruga:</b> Yellow  | Sunset: 4:57PM  | Moon 10 - Phase 29 - 5    | Ashtami       |
| Creative Work      | Siddha Yoga   | <b>Rahu</b> 2:21PM - 3:39PM    | Balava Until 11:25PM         | <b>Nataraja:</b> Clear |                 |                           |               |
|                    |               |                                | <b>Saptami Until 11:36AM</b> | Moon - Blue            |                 | <b>Bhuloka Day</b>        |               |
|                    |               |                                |                              |                        |                 | Devaloka Time: 3PM to 6PM |               |

**Kartika-Ajaya****Wednesday, November 12, 2025****Retreat Star**Viswvasu Nama Samvatsare Dakshinaya Jvana Ritau Tula Mase Krishna Pakche Budha Vasara Yuktayam  
Ashlesha\*Magha\* Nakshatra Brahma Yoga Kaulava/Taililla Karana Ashtami/Navamam Titau

Memphis, TN

Sutra 213

|                    |               |                                 |                               |                        |                 |                           |               |
|--------------------|---------------|---------------------------------|-------------------------------|------------------------|-----------------|---------------------------|---------------|
| Kataka Rasi: 29.27 | Tithi 23 - 24 | <b>Gulika</b> 10:26AM - 11:44AM | <b>Ashlesha* Until 6:51AM</b> | <b>Ganesh:</b> White   | Sunrise: 6:32AM | Sun 6                     | Vasavasu 5:17 |
|                    |               | Yama 9:07AM - 10:26AM           | Brahma Until 7:22PM           | <b>Muruga:</b> Yellow  | Sunset: 4:57PM  | Moon 10 - Phase 29 - 6    | Navami        |
| Creative Work      | Siddha Yoga   | <b>Rahu</b> 11:44AM - 1:02PM    | Taililla Until 11:37PM        | <b>Nataraja:</b> Clear |                 |                           |               |
|                    |               |                                 | <b>Ashtami* Until 11:24AM</b> | Moon - Blue            |                 | <b>Bhuloka Day</b>        |               |
|                    |               |                                 |                               |                        |                 | Devaloka Time: 3PM to 6PM |               |

**Kartika-Ajaya**

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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| 1                                |               | Thursday, November 13, 2025       |                              | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Guru Vasara Yuktyam<br>Magha*Purvaahalguni Nakshatra Indra Yoga Gara/Vanija Karana Navami/Dashmyam Titau |                        | Memphis, TN<br>Sutra 214      |                     |
|----------------------------------|---------------|-----------------------------------|------------------------------|---|------------------------|-------------------------------|---------------------|
| Simha Rasi: 12.15                | Tithi 24 – 25 | <b>Gulika</b><br>9:08AM – 10:26AM | <b>Magha* Until 8:03AM</b>   | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 6:33AM | <b>Moon 10 -</b> Phase 30 - 7 | Vasava 5:127        |
|                                  |               | <b>Yama</b><br>6:33AM – 7:51AM    | Indra Until 6:53PM           | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 4:56PM  | <b>Moon 10 -</b> Phase 30 - 8 | 2nd Phase           |
| Creative Work                    | Amrita Yoga   | <b>Rahu</b><br>1:02PM – 2:20PM    | Vanija Until 12:35AM Fri     | <b>Nataraja:</b> Clear  |                        |                               |                     |
| Until 8:03AM                     |               |                                   | <b>Navami* Until 12:00PM</b> |   |                        |                               |                     |
| Then Creative Work - Siddha Yoga |               |                                   |                              | <b>Kartika/Kartika</b>  |                        |                               | <b>Devaloka Day</b> |

| 2                 |               | Friday, November 14, 2025        |                                   | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Satva Vasara Yuktyam<br>Purvaahalguni Nakshatra Vaidhri* Yoga Vist/Bava Karana Dashami/Elades |                        | Memphis, TN<br>Sutra 215      |                     |
|-------------------|---------------|----------------------------------|-----------------------------------|--|------------------------|-------------------------------|---------------------|
| Simha Rasi: 24.43 | Tithi 25 – 26 | <b>Gulika</b><br>7:51AM – 9:09AM | <b>Purvaahalguni Until 9:47AM</b> | <b>Ganesha:</b> Yellow   | <b>Sunrise:</b> 6:34AM | <b>Moon 10 -</b> Phase 30 - 8 | Vasava 5:127        |
|                   |               | <b>Yama</b><br>2:20PM – 3:37PM   | Vaidhri* Until 6:52PM             | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM  | <b>Moon 10 -</b> Phase 30 - 8 | 2nd Phase           |
| Creative Work     | Siddha Yoga   | <b>Rahu</b><br>10:27AM – 11:44AM | Bava Until 2:10AM Sat             | <b>Nataraja:</b> Clear   |                        |                               |                     |
|                   |               |                                  | <b>Dashami Until 1:17PM</b>       |  |                        |                               |                     |
|                   |               |                                  |                                   | <b>Kartika/Kartika</b>   |                        |                               | <b>Devaloka Day</b> |

| 3                |               | Saturday, November 15, 2025      |                                   | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Tula Mase Krishna Paksha Manta Vasara Yuktyam<br>Utarahalguni Nakshatra Vishkamba* Yoga Balava/Kaulava Karana Ekadashi/Dvadasmyam Titau |                        | Memphis, TN<br>Sutra 216       |                     |
|------------------|---------------|----------------------------------|-----------------------------------|---|------------------------|--------------------------------|---------------------|
| Kanya Rasi: 6.56 | Tithi 26 – 27 | <b>Gulika</b><br>6:35AM – 7:52AM | <b>Utarahalguni Until 11:53AM</b> | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 6:35AM | <b>Moon 10 -</b> Phase 30 - 7  | Vasava 5:127        |
|                  |               | <b>Yama</b><br>1:02PM – 2:20PM   | Vishkamba* Until 7:15PM           | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 4:56PM  | <b>Moon 10 -</b> Phase 30 - 10 | 2nd Phase           |
| Routine Work     | Marana Yoga   | <b>Rahu</b><br>9:10AM – 10:27AM  | Kaulava Until 4:13AM Sun          | <b>Nataraja:</b> Clear  |                        |                                |                     |
|                  |               |                                  | <b>Ekadashi* Until 3:08PM</b>     |   |                        |                                |                     |
|                  |               |                                  |                                   | <b>Kartika/Kartika</b>  |                        |                                | <b>Devaloka Day</b> |

| 4                                |               | Sunday, November 16, 2025        |                               | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Vishika Mase Krishna Paksha Bhanu Vasara Yuktyam<br>Hasta/Chitra Nakshatra Prili Yoga Tailla/Gara Karana Dvadashi/Trayodashmyam Titau |                        | Memphis, TN<br>Sutra 217       |                     |
|----------------------------------|---------------|----------------------------------|-------------------------------|---|------------------------|--------------------------------|---------------------|
| Kanya Rasi: 18.59                | Tithi 27 – 28 | <b>Gulika</b><br>2:19PM – 3:37PM | <b>Hasta Until 2:42PM</b>     | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 6:36AM | <b>Moon 10 -</b> Phase 30 - 10 | Vasava 5:127        |
|                                  |               | <b>Yama</b><br>11:45AM – 1:02PM  | Prili Until 7:54PM            | <b>Muruga:</b> Yellow   | <b>Sunset:</b> 4:56PM  | <b>Moon 10 -</b> Phase 30 - 10 | 2nd Phase           |
| Creative Work                    | Amrita Yoga   | <b>Rahu</b><br>3:37PM – 4:54PM   | Gara Until 6:33AM Mon         | <b>Nataraja:</b> Purple   |                        |                                |                     |
| Until 2:42PM                     |               |                                  | <b>Dvadashi* Until 5:20PM</b> |   |                        |                                |                     |
| Then Creative Work - Siddha Yoga |               |                                  |                               | <b>Kartika/Kartika</b>  |                        |                                | <b>Sivaloka Day</b> |
|                                  |               |                                  |                               | <b>Pradosha Vata (Fasting)</b>  |                        |                                |                     |

| 5                                |                    | Monday, November 17, 2025        |                                 | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Vishika Mase Krishna Paksha Indu Vasara Yuktyam<br>Chitra/Svali Nakshatra Ayushman Yoga Gara/Vanija Karana Trayodashmyam Titau |                        | Memphis, TN<br>Sutra 218       |                     |
|----------------------------------|--------------------|----------------------------------|---------------------------------|--|------------------------|--------------------------------|---------------------|
| Tula Rasi: 0.55                  | Tithi 28           | <b>Gulika</b><br>1:02PM – 2:19PM | <b>Chitra Until 5:34PM</b>      | <b>Ganesha:</b> Yellow   | <b>Sunrise:</b> 6:37AM | <b>Moon 10 -</b> Phase 30 - 11 | Vasava 5:127        |
| <b>Family Home Evening</b>       |                    | <b>Yama</b><br>10:28AM – 11:45AM | Ayushman Until 8:40PM           | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM  | <b>Moon 10 -</b> Phase 30 - 11 | 2nd Phase           |
| Routine Work                     | Prabalarishta Yoga | <b>Rahu</b><br>7:54AM – 9:11AM   | Gara Until 6:33AM               | <b>Nataraja:</b> Purple  |                        |                                |                     |
| Until 5:34PM                     |                    |                                  | <b>Trayodashi* Until 7:46PM</b> |  |                        |                                |                     |
| Then Creative Work - Amrita Yoga |                    |                                  |                                 | <b>Kartika/Kartika</b>   |                        |                                | <b>Sivaloka Day</b> |

| 6                               |             | Tuesday, November 18, 2025        |                                   | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Vishika Mase Krishna Paksha Mangala Vasara Yuktyam<br>Svali Nakshatra Saubhagya Yoga Visti/Sakuni* Karana Chaturdashmyam Titau |                        | Memphis, TN<br>Sutra 219       |                     |
|---------------------------------|-------------|-----------------------------------|-----------------------------------|--|------------------------|--------------------------------|---------------------|
| Tula Rasi: 12.49                | Tithi 29    | <b>Gulika</b><br>11:45AM – 1:02PM | <b>Svali Until 8:21PM</b>         | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 6:38AM | <b>Moon 10 -</b> Phase 30 - 12 | Vasava 5:127        |
|                                 |             | <b>Yama</b><br>9:11AM – 10:28AM   | Saubhagya Until 9:31PM            | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM  | <b>Moon 10 -</b> Phase 30 - 12 | 2nd Phase           |
| Creative Work                   | Siddha Yoga | <b>Rahu</b><br>2:19PM – 3:36PM    | Visti Until 9:02AM                | <b>Nataraja:</b> Purple  |                        |                                |                     |
| Until 8:21PM                    |             |                                   | <b>Chaturdashi* Until 10:17PM</b> |  |                        |                                |                     |
| Then Routine Work - Marana Yoga |             |                                   |                                   | <b>Kartika/Kartika</b>   |                        |                                | <b>Devaloka Day</b> |

| ●                   |             | Wednesday, November 19, 2025       |                                    | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Vishika Mase Krishna Paksha Budha Vasara Yuktyam<br>Vishakha Nakshatra Sobhana Yoga Caluspada*Naga* Karana Amavasyayam Titau |                        | Memphis, TN<br>Sutra 220       |                     |
|---------------------|-------------|------------------------------------|------------------------------------|--|------------------------|--------------------------------|---------------------|
| <b>Retreat Star</b> |             | <b>Gulika</b><br>10:29AM – 11:45AM | <b>Vishakha Until 11:29PM</b>      | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 6:38AM | <b>Moon 10 -</b> Phase 30 - 13 | Vasava 5:127        |
| Tula Rasi: 24.4     | Tithi 30    | <b>Yama</b><br>7:55AM – 9:12AM     | Sobhana Until 10:24PM              | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM  | <b>Moon 10 -</b> Phase 30 - 13 | 2nd Phase           |
| Creative Work       | Siddha Yoga | <b>Rahu</b><br>11:45AM – 1:02PM    | Caluspada Until 11:34AM            | <b>Nataraja:</b> Purple  |                        |                                |                     |
|                     |             |                                    | <b>Amavasya* Until 12:48AM Thu</b> |  |                        |                                |                     |
|                     |             |                                    |                                    | <b>Kartika/Kartika</b>   |                        |                                | <b>Devaloka Day</b> |

| Thursday, November 20, 2025     |             | Retreat Star                      |                                   | Viswasa Nama Samvatsara Dakshinaya Jivana Ritau Vishika Mase Sakti Paksha Guru Vasara Yuktyam<br>Anuradha Nakshatra Athiganda* Yoga Kintughna* Bava Karana Prathamayam Titau |                        | Memphis, TN<br>Sutra 221       |                     |
|---------------------------------|-------------|-----------------------------------|-----------------------------------|--|------------------------|--------------------------------|---------------------|
| Vishika Rasi: 6.32              | Tithi 1     | <b>Gulika</b><br>9:13AM – 10:29AM | <b>Anuradha Until 2:24AM Fri</b>  | <b>Ganesha:</b> Blue   | <b>Sunrise:</b> 6:39AM | <b>Moon 10 -</b> Phase 30 - 14 | Vasava 5:127        |
|                                 |             | <b>Yama</b><br>6:39AM – 7:56AM    | Athiganda* Until 11:12PM          | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM  | <b>Moon 10 -</b> Phase 30 - 14 | Prathama            |
| Creative Work                   | Siddha Yoga | <b>Rahu</b><br>1:02PM – 2:19PM    | Kintughna Until 2:05PM            | <b>Nataraja:</b> Purple  |                        |                                |                     |
| Until 2:24AM Fri                |             |                                   | <b>Prathama* Until 3:17AM Fri</b> |  |                        |                                |                     |
| Then Routine Work - Marana Yoga |             |                                   |                                   | <b>Mangalika/Kartika</b>   |                        |                                | <b>Devaloka Day</b> |

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

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|  |         |  |  |  |   |                                      |                     |
|--|---------|--|--|--|---|--------------------------------------|---------------------|
| <b>1 Friday, November 21, 2025</b>   |         | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Sukra Vasara Yuktayam<br>Jyeshtha* Nakshatra Sukarma Yoga Balava/Kaulava Karana Dvitiyaya Titau |  |  |   | Memphis, TN<br>Sun 15                | Sutra 222           |
| Wischka Rasi: 18.26  | Tithi 2 | <b>Gulika</b><br>7:57AM - 9:13AM<br>Yama<br>2:19PM - 3:35PM<br>787238575   | <b>Jyeshtha* Until 5:04AM Sat</b><br>Sukarma Until 11:57PM<br>Balava Until 4:30PM<br><b>Dvitiya Until 5:39AM Sat</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Orange | <b>Sunrise:</b> 6:40AM<br><b>Sunset:</b> 4:51PM | Moon 10 - Phase 31 - 15<br>3rd Phase | <b>Devaloka Day</b> |
| Routine Work - Marana Yoga<br>Until 5:04AM Sat<br>Then Creative Work - Siddha Yoga |         |  |  |  |   |                                      |                     |

|                                      |         |  |  |  |   |                                      |                     |
|--------------------------------------|---------|--|--|--|---|--------------------------------------|---------------------|
| <b>2 Saturday, November 22, 2025</b> |         | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Mantha Vasara Yuktayam<br>Mula* Nakshatra Dhriti Yoga Talita Karana Trityayam Titau |  |  |   | Memphis, TN<br>Sun 16                | Sutra 223           |
| Dhanus Rasi: 0.22                    | Tithi 3 | <b>Gulika</b><br>6:41AM - 7:58AM<br>Yama<br>1:02PM - 2:18PM<br>787238575   | <b>Mula* Until 7:55AM Sun</b><br>Dhriti Until 12:36AM Sun<br>Talita Until 6:49PM<br><b>Tritya Until 7:52AM Sun</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | <b>Sunrise:</b> 6:41AM<br><b>Sunset:</b> 4:51PM | Moon 10 - Phase 31 - 17<br>3rd Phase | <b>Devaloka Day</b> |
| Creative Work - Siddha Yoga          |         |  |  |  |   |                                      |                     |

|   |             |   |   |  |   |                                      |                     |
|---|-------------|---|---|--|---|--------------------------------------|---------------------|
| <b>3 Sunday, November 23, 2025</b>  |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Bharu Vasara Yuktayam<br>Mula*Purvashada* Nakshatra Shula* Yoga Gara/Vanija Karana Tritya/Chaturtham Titau |   |  |   | Memphis, TN<br>Sun 17                | Sutra 224           |
| Dhanus Rasi: 12.22  | Tithi 3 - 4 | <b>Gulika</b><br>2:18PM - 3:34PM<br>Yama<br>11:46AM - 1:02PM<br>787238575   | <b>Mula* Until 7:55AM</b><br>Shula* Until 1:04AM Mon<br>Vanija Until 8:55PM<br><b>Tritya Until 7:52AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | <b>Sunrise:</b> 6:42AM<br><b>Sunset:</b> 4:50PM | Moon 10 - Phase 31 - 17<br>3rd Phase | <b>Devaloka Day</b> |
| Creative Work - Amrita Yoga<br>Until 7:55AM<br>Then Creative Work - Siddha Yoga |             |   |   |  |   |                                      |                     |

|                                    |             |  |  |  |   |                                      |                     |
|------------------------------------|-------------|--|--|--|---|--------------------------------------|---------------------|
| <b>4 Monday, November 24, 2025</b> |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Indu Vasara Yuktayam<br>Purvashada*Uttarashada* Nakshatra Ganda* Yoga Vasi*Baava Karana Chaturthi/Panchamam Titau |  |  |   | Memphis, TN<br>Sun 18                | Sutra 225           |
| Dhanus Rasi: 24.27                 | Tithi 4 - 5 | <b>Gulika</b><br>1:03PM - 2:18PM<br>Yama<br>10:31AM - 11:47AM<br>787238575   | <b>Purvashada* Until 10:21AM</b><br>Ganda* Until 1:18AM Tue<br>Baava Until 10:44PM<br><b>Chaturthi* Until 9:51AM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | <b>Sunrise:</b> 6:43AM<br><b>Sunset:</b> 4:50PM | Moon 10 - Phase 31 - 18<br>3rd Phase | <b>Devaloka Day</b> |
| Routine Work - Marana Yoga         |             |  |  |  |   |                                      |                     |

|   |             |   |  |   |   |                                      |                     |
|---|-------------|---|--|---|---|--------------------------------------|---------------------|
| <b>5 Tuesday, November 25, 2025</b>   |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Mangala Vasara Yuktayam<br>Uttarashada*Shravana* Nakshatra Vidha* Yoga Balava/Kaulava Karana Pancham/Shashtham Titau |  |   |   | Memphis, TN<br>Sun 19                | Sutra 226           |
| Makara Rasi: 6.4  | Tithi 5 - 6 | <b>Gulika</b><br>11:47AM - 1:03PM<br>Yama<br>9:16AM - 10:31AM<br>787238575  | <b>Uttarashada Until 12:18PM</b><br>Vidha Until 1:14AM Wed<br>Kaulava Until 12:07AM Wed<br><b>Panchami Until 11:28AM</b> | <b>Ganesh:</b> Red<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | <b>Sunrise:</b> 6:44AM<br><b>Sunset:</b> 4:50PM | Moon 10 - Phase 31 - 19<br>3rd Phase | <b>Sivaloka Day</b> |
| Routine Work - Prabalarishtha Yoga<br>Until 12:18PM<br>Then Creative Work - Siddha Yoga |             |   |  |   |   |                                      |                     |

|  |             |  |  |  |   |                                      |                           |
|--|-------------|--|--|--|---|--------------------------------------|---------------------------|
| <b>6 Wednesday, November 26, 2025</b>  |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Budha Vasara Yuktayam<br>Shravana*Shashthi* Nakshatra Dhruva* Yoga Talita/Gara Karana Shashthi/Saptamam Titau |  |  |   | Memphis, TN<br>Sun 20                | Sutra 227                 |
| Makara Rasi: 19.05   | Tithi 6 - 7 | <b>Gulika</b><br>10:32AM - 11:47AM<br>Yama<br>8:01AM - 9:16AM<br>787238575   | <b>Shravana Until 2:05PM</b><br>Dhruva Until 12:41AM Thu<br>Gara Until 12:56AM Thu<br><b>Shashthi* Until 12:35PM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | <b>Sunrise:</b> 6:45AM<br><b>Sunset:</b> 4:49PM | Moon 10 - Phase 31 - 20<br>3rd Phase | <b>Subha Sivaloka Day</b> |
| Creative Work - Siddha Yoga<br>Until 2:05PM<br>Then Routine Work - Prabalarishtha Yoga |             |  |  |  |   |                                      |                           |

|                                    |             |   |  |  |   |                                    |                           |
|------------------------------------|-------------|---|--|--|---|------------------------------------|---------------------------|
| <b>Thursday, November 27, 2025</b> |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Guru Vasara Yuktayam<br>Dhanishtha*Shashthi* Nakshatra Vyaghat* Yoga Vanija/Vasi* Karana Saptami/Ashthamam Titau |  |  |   | Memphis, TN<br>Sun 21              | Sutra 228                 |
| <b>Retreat Star</b>                |             | <b>Gulika</b><br>9:17AM - 10:32AM<br>Yama<br>6:46AM - 8:02AM<br>787238575   | <b>Dhanishtha Until 3:05PM</b><br>Vyaghat* Until 11:38PM<br>Vasi Until 1:04AM Fri<br><b>Saptami Until 1:05PM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | <b>Sunrise:</b> 6:46AM<br><b>Sunset:</b> 4:49PM | Moon 10 - Phase 31 - 21<br>Ashtami | <b>Subha Sivaloka Day</b> |
| Kumbha Rasi: 1.46                  | Tithi 7 - 8 | Creative Work - Siddha Yoga   |  |  |   |                                    |                           |

|                                  |             |   |  |  |   |                                   |                           |
|----------------------------------|-------------|---|--|--|---|-----------------------------------|---------------------------|
| <b>Friday, November 28, 2025</b> |             | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishkha Mase Sukla Paksha Sukra Vasara Yuktayam<br>Shatabhishak*Purvashodhigada* Nakshatra Harshana Yoga Baava/Balava Karana Ashtami/Navamam Titau |  |  |   | Memphis, TN<br>Sun 22             | Sutra 229                 |
| <b>Retreat Star</b>              |             | <b>Gulika</b><br>8:02AM - 9:18AM<br>Yama<br>2:18PM - 3:34PM<br>787238575  | <b>Shatabhishak Until 3:13PM</b><br>Harshana Until 9:59PM<br>Balava Until 12:25AM Sat<br><b>Ashlami* Until 12:49PM</b> | <b>Ganesh:</b> Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | <b>Sunrise:</b> 6:47AM<br><b>Sunset:</b> 4:49PM | Moon 10 - Phase 31 - 22<br>Navami | <b>Subha Sivaloka Day</b> |
| Kumbha Rasi: 14.47               | Tithi 8 - 9 | Creative Work - Siddha Yoga   |  |  |   |                                   |                           |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                    |              |   |   |  |   |                          |                            |
|--------------------|--------------|---|---|--|---|--------------------------|----------------------------|
| <b>1</b>           |              | <b>Saturday, November 29, 2025</b>                  |   | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakla Paksha Manta Vasara Yuktayam<br>Puravproshthapada/Uttarproshthapada Nakshatra Vajra Yoga Kaulava/Taila Karana Navami/Dashamyam Titau |   | Memphis, TN<br>Satra 230 |                            |
| Kumbha Rasi: 28.14 | Tithi 9 – 10 | <b>Gulika</b><br>6:48AM – 8:03AM<br>1:03PM – 2:18PM | <b>Puravproshthapada*<br/>Uttarproshthapada</b><br>Until 2:53PM | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – Clear  | <b>Sunrise:</b> 6:48AM<br><b>Sunset:</b> 4:49PM | Sun 23                   | Vishvasu 5127<br>4th Phase |
| Routine Work       | Marana Yoga  | 718238575   | <b>Rahu</b><br>9:18AM – 10:33AM                                 | Vajra* Until 7:42PM<br>Taila Until 10:59PM<br>Navami* Until 11:47AM  |   |                          | Subha Sivaloka Day         |
| Until 2:53PM       |              |   |   |  |   |                          |                            |
| Then Creative Work | Siddha Yoga  |   |   |  |   |                          |                            |

|                   |               |                                  |  |   |   |                          |                            |
|-------------------|---------------|----------------------------------|--|---|---|--------------------------|----------------------------|
| <b>2</b>          |               | <b>Sunday, November 30, 2025</b> |  | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakla Paksha Bharu Vasara Yuktayam<br>Uttarproshthapada/Revati Nakshatra Siddha/Vyalipala* Yoga Gara/Varijan Karana Dashami/Ekadashtyam Titau |   | Memphis, TN<br>Satra 231 |                            |
| Mesha Rasi: 12.08 | Tithi 10 – 11 | <b>Gulika</b><br>2:19PM – 3:34PM | <b>Uttarproshthapada</b><br>Until 1:39PM | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – Clear   | <b>Sunrise:</b> 6:49AM<br><b>Sunset:</b> 4:48PM | Sun 24                   | Vishvasu 5127<br>4th Phase |
| Creative Work     | Amrita Yoga   | 718238575                        | <b>Rahu</b><br>3:34PM – 4:48PM           | Siddhi Until 4:49PM<br>Vanija Until 8:49PM  |   |                          | Subha Sivaloka Day         |
|                   |               |                                  |  |   |   |                          |                            |
|                   |               |                                  |  |   |   |                          |                            |

|                            |               |                                  |                                |  |   |                          |                            |
|----------------------------|---------------|----------------------------------|--------------------------------|--|---|--------------------------|----------------------------|
| <b>3</b>                   |               | <b>Monday, December 1, 2025</b>  |                                | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakla Paksha Indu Vasara Yuktayam<br>Revati/Ashvini Nakshatra Vyalipala* Vairyan Yoga Visi/Bava Karana Ekadashi/Dwadashyam Titau |   | Memphis, TN<br>Satra 232 |                            |
| Mesha Rasi: 26.29          | Tithi 11 – 12 | <b>Gulika</b><br>1:04PM – 2:19PM | <b>Revati Until 11:36AM</b>    | <b>Ganesh:</b> Clear<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – Clear   | <b>Sunrise:</b> 6:50AM<br><b>Sunset:</b> 4:48PM | Sun 25                   | Vishvasu 5127<br>4th Phase |
| <b>Family Home Evening</b> |               | 719238575                        | <b>Rahu</b><br>8:05AM – 9:19AM | Vyalipala* Until 1:25PM<br>Bava Until 6:00PM   |   |                          | Sivaloka Day               |
| Creative Work              | Siddha Yoga   |                                  |                                |  |   |                          |                            |
|                            |               |                                  |                                |  |   |                          |                            |

|                   |             |                                   |                                |   |   |                          |                            |
|-------------------|-------------|-----------------------------------|--------------------------------|---|---|--------------------------|----------------------------|
| <b>4</b>          |             | <b>Tuesday, December 2, 2025</b>  |                                | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakla Paksha Mangala Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Vairyan/Parigraha* Yoga Kaulava/Taila Karana Trayodashyam Titau |   | Memphis, TN<br>Satra 233 |                            |
| Mesha Rasi: 11.16 | Tithi 13    | <b>Gulika</b><br>11:49AM – 1:04PM | <b>Ashvini Until 9:17AM</b>    | <b>Ganesh:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – White  | <b>Sunrise:</b> 6:51AM<br><b>Sunset:</b> 4:48PM | Sun 26                   | Vishvasu 5127<br>4th Phase |
| Creative Work     | Siddha Yoga | 729238575                         | <b>Rahu</b><br>2:19PM – 3:33PM | Vairyan Until 9:34AM<br>Kaulava Until 2:42PM  |   |                          | Devaloka Day               |
|                   |             |                                   |                                |   |   |                          |                            |
|                   |             |                                   |                                |   |   |                          |                            |

|                    |             |                                    |                                 |  |   |                          |                            |
|--------------------|-------------|------------------------------------|---------------------------------|--|---|--------------------------|----------------------------|
| <b>5</b>           |             | <b>Wednesday, December 3, 2025</b> |                                 | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Sakla Paksha Budha Vasara Yuktayam<br>Bharani/Krittika Nakshatra Shiva Yoga Gara/Vanija Karana Chaturdashyam Titau |   | Memphis, TN<br>Satra 234 |                            |
| Mesha Rasi: 26.22  | Tithi 14    | <b>Gulika</b><br>10:35AM – 11:50AM | <b>Bharani Until 6:27AM</b>     | <b>Ganesh:</b> White<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – White   | <b>Sunrise:</b> 6:52AM<br><b>Sunset:</b> 4:48PM | Sun 27                   | Vishvasu 5127<br>4th Phase |
| Creative Work      | Siddha Yoga | 729238575                          | <b>Rahu</b><br>11:50AM – 1:04PM | Shiva Until 1:04AM Thu<br>Gara Until 11:02AM   |   |                          | Devaloka Day               |
| Until 6:27AM       |             |                                    |                                 |  |   |                          |                            |
| Then Creative Work | Amrita Yoga |                                    |                                 |  |   |                          |                            |

|                            |               |                                   |                                 |   |   |                          |  |
|----------------------------|---------------|-----------------------------------|---------------------------------|---|---|--------------------------|--|
| <b>○</b>                   |               | <b>Thursday, December 4, 2025</b> |                                 | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Guru Vasara Yuktayam<br>Rohini Nakshatra Siddha Yoga Visi/Balava Karana Punima/Prathamam Titau |   | Memphis, TN<br>Satra 235 |  |
| <b>Copper Retreat Star</b> |               | <b>Gulika</b><br>9:21AM – 10:36AM | <b>Rohini Until 12:19AM Fri</b> | <b>Ganesh:</b> Yellow<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – Yellow  | <b>Sunrise:</b> 6:52AM<br><b>Sunset:</b> 4:48PM | Sun 28                   | Vishvasu 5127<br>Moon 10 - Phase 32 - Punima |
| Wishabha Rasi: 11.39       | Tithi 15 – 16 | 729238575                         | <b>Rahu</b><br>1:05PM – 2:19PM  | Siddha Until 8:39PM<br>Visi Until 7:13AM  |   |                          | Sivaloka Day                                 |
| Routine Work               | Marana Yoga   |                                   |                                 |   |   |                          |  |
| Until 12:19AM Fri          |               |                                   |                                 |   |   |                          |  |
| Then Creative Work         | Siddha Yoga   |                                   |                                 |   |   |                          |  |

|                                 |               |                                  |                                  |   |   |                          |  |
|---------------------------------|---------------|----------------------------------|----------------------------------|---|---|--------------------------|--|
| <b>Friday, December 5, 2025</b> |               | <b>Silver Retreat Star</b>       |                                  | Vishvasu Nama Samvatsare Dakshinaya Jivana Ritau Vishchika Mase Krishna Paksha Sukra Vasara Yuktayam<br>Migashira Nakshatra Sadhya/Subha Yoga Kaulava/Taila Karana Prathama/Dwityayam Titau |   | Memphis, TN<br>Satra 236 |  |
| Wishabha Rasi: 26.56            | Tithi 16 – 17 | <b>Gulika</b><br>8:08AM – 9:22AM | <b>Mrigashira Until 9:23PM</b>   | <b>Ganesh:</b> Yellow<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon – Yellow  | <b>Sunrise:</b> 6:53AM<br><b>Sunset:</b> 4:48PM | Sun 29                   | Vishvasu 5127<br>Moon 10 - Phase 32 - Prathama |
| Creative Work                   | Siddha Yoga   | 739238575                        | <b>Rahu</b><br>10:36AM – 11:51AM | Sadya Until 4:22PM<br>Taila Until 11:45PM   |   |                          | Sivaloka Day                                   |
|                                 |               |                                  |                                  |   |   |                          |  |
|                                 |               |                                  |                                  |   |   |                          |  |

Vinayaga Viratam Begins

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 Memphis, TN on 2/11/24

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**Saturday, December 6, 2025****Gold Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Mania Vasara Yuktyam

Andra Nakshatra Subha/Sukla Yoga Gara/Vanija Karana Dvitya/Tilayam Titau

Memphis, TN Sun 1

Sutra 237

Mithuna Rasi: 12.02 Tithi 17 - 18

**Gulika** 6:54AM - 8:08AM

Yama 1:05PM - 2:20PM

Rahu 9:23AM - 10:37AM

**Andra Until 6:41PM**

Subha Until 12:21PM

Vanija Until 8:29PM

**Ganesh:** Yellow Sunrise: 6:54AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 1

Moon - Yellow

**Sivaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****1 Sunday, December 7, 2025**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Bharu Vasara Yuktyam

Punarvasu/Pushya Nakshatra Sukla/Bahma Yoga Visi/Balava Karana Trayal/Chaturtham Titau

Memphis, TN Sun 2

Sutra 238

Mithuna Rasi: 26.5 Tithi 18 - 19

**Gulika** 2:20PM - 3:34PM

Yama 11:52AM - 1:06PM

Rahu 3:34PM - 4:48PM

**Punarvasu Until 4:46PM**

Sukla Until 8:41AM

Balava Until 4:37AM Mon

Tritiya Until 7:01AM

**Ganesh:** Blue Sunrise: 6:55AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 2

Moon - Blue

**Devaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****2 Monday, December 8, 2025**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Indu Vasara Yuktyam

Pushya/Ashlesha Nakshatra Indra Yoga Kaulava/Taila Karana Panchamyan Titau

Memphis, TN Sun 3

Sutra 239

Kataka Rasi: 11.1 Tithi 20

**Family Home Evening****Gulika** 1:06PM - 2:20PM

Yama 10:38AM - 11:52AM

Rahu 8:10AM - 9:24AM

**Pushya Until 3:24PM**

Indra Until 3:03AM Tue

Kaulava Until 3:43PM

**Ganesh:** Blue Sunrise: 6:56AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 3

Moon - Blue

**Devaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****3 Tuesday, December 9, 2025**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Mangala Vasara Yuktyam

Ashlesha/Magha Nakshatra Vaidhriti Yoga Gara/Vanija Karana Shashthyan Titau

Memphis, TN Sun 4

Sutra 240

Kataka Rasi: 25.01 Tithi 21

**Gulika** 11:52AM - 1:06PM

Yama 9:24AM - 10:38AM

Rahu 2:20PM - 3:34PM

**Ashlesha Until 2:42PM**

Vaidhriti Until 1:12AM Wed

Gara Until 2:32PM

**Ganesh:** White Sunrise: 6:57AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 4

Moon - Blue

**Devaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****4 Wednesday, December 10, 2025**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Budha Vasara Yuktyam

Magha/Purvaphalguni Nakshatra Vishkambha Yoga Visi/Bava Karana Sapthamyan Titau

Memphis, TN Sun 5

Sutra 241

Simha Rasi: 8.21 Tithi 22

**Gulika** 10:39AM - 11:53AM

Yama 8:11AM - 9:25AM

Rahu 11:53AM - 1:07PM

**Magha Until 3:10PM**

Vishkambha Until 12:05AM Thu

Visi Until 2:14PM

**Ganesh:** Clear Sunrise: 6:57AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 5

Moon - Red

**Sivaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****Thursday, December 11, 2025****Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Gura Vasara Yuktyam

Purvaphalguni/Uttaraphalguni Nakshatra Priti Yoga Balava/Kaulava Karana Ashtamyan Titau

Memphis, TN Sun 6

Sutra 242

Simha Rasi: 21.13 Tithi 23

**Gulika** 9:26AM - 10:40AM

Yama 6:58AM - 8:12AM

Rahu 1:07PM - 2:21PM

**Purvaphalguni Until 4:22PM**

Priti Until 11:39PM

Balava Until 2:50PM

**Ganesh:** Purple Sunrise: 6:58AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 6

Moon - Red

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Wargesevanti****Friday, December 12, 2025****Retreat Star**

Viswasa Nama Samvatsare Dakshinaya Jivana Ritau Wischna Mase Krishna Paksha Sukra Vasara Yuktyam

Uttaraphalguni Nakshatra Ayushman Yoga Taila/Gara Karana Navamyan Titau

Memphis, TN Sun 7

Sutra 243

Kanya Rasi: 3.43 Tithi 24

**Gulika** 8:13AM - 9:26AM

Yama 2:21PM - 3:35PM

Rahu 10:40AM - 11:54AM

**Uttaraphalguni Until 6:08PM**

Ayushman Until 11:44PM

Taila Until 4:13PM

**Ganesh:** Purple Sunrise: 6:59AM**Muruga:** Yellow Sunset: 4:49PM**Nataraja:** Purple Moon 11 - Phase 33 - 7

Moon - Red

**Subha Sivaloka Day**

Creative Work Siddha Yoga

**Wargesevanti**

Until 6:08PM

Then Creative Work - Amrita 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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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1

Saturday, December 13, 2025

|  |             |   |                             |                  |                         |
|--|-------------|---|-----------------------------|------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Wischika Mase Krishna Paksho Mania Vasara Yuktayam |             | Dakshinaya Jvana Ritau Wischika Mase Krishna Paksho Mania Vasara Yuktayam |                             | Memphis, TN      |                         |
| Hashta Nakshatra Saubhagya Yoga Vanija Karana DashamiE Kadashyam Titau                             |             | Hashta Nakshatra Saubhagya Yoga Vanija Karana DashamiE Kadashyam Titau    |                             | Sun 8 Sutra 244  |                         |
| Kanya Rasi: 15.54  | Tithi 25    | Gulika 6:59AM - 8:13AM  | Hasla Until 8:49PM          | Ganesho: Clear   | Sunrise: 6:59AM         |
|  |             | Yama 1:08PM - 2:22PM  | Saubhagya Until 12:15AM Sun | Muruga: Yellow   | Sunset: 4:49PM          |
|  |             | Rahu 9:27AM - 10:41AM   | Vanija Until 6:14PM         | Nataraja: Purple | Moon 11 - Phase 34 - 12 |
| Routine Work   | Marana Yoga |   | Dashami Until 7:23AM Sun    | Moan - Green     | 2nd Phase               |
|  |             |   |                             | Sivaloka Day     |                         |

2

Sunday, December 14, 2025

|  |               |   |                          |                  |                         |
|--|---------------|---|--------------------------|------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Jvana Ritau Wischika Mase Krishna Paksho Bhanu Vasara Yuktayam |               | Dakshinaya Jvana Ritau Wischika Mase Krishna Paksho Bhanu Vasara Yuktayam |                          | Memphis, TN      |                         |
| Chitra Nakshatra Sobhana Yoga Visti/Bava Karana DashamiE Kadashyam Titau                           |               | Chitra Nakshatra Sobhana Yoga Visti/Bava Karana DashamiE Kadashyam Titau  |                          | Sun 9 Sutra 245  |                         |
| Kanya Rasi: 27.54  | Tithi 25 - 26 | Gulika 2:22PM - 3:36PM  | Chitra Until 11:40PM     | Ganesho: Clear   | Sunrise: 7:04AM         |
|  |               | Yama 11:55AM - 1:08PM   | Sobhana Until 1:02AM Mon | Muruga: Yellow   | Sunset: 4:49PM          |
|  |               | Rahu 3:36PM - 4:49PM  | Bava Until 8:38PM        | Nataraja: Purple | Moon 11 - Phase 34 - 12 |
| Creative Work  | Siddha Yoga   |   | Dashami Until 7:23AM     | Moan - Green     | 2nd Phase               |
|  |               |   |                          | Sivaloka Day     |                         |

3

Monday, December 15, 2025

|  |               |   |                            |                  |                         |
|--|---------------|---|----------------------------|------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Indu Vasara Yuktayam |               | Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Indu Vasara Yuktayam       |                            | Memphis, TN      |                         |
| Svali Nakshatra Ahiganda Yoga Balava/Kaulava Karana EkadashiE Kadashyam Titau                    |               | Svali Nakshatra Ahiganda Yoga Balava/Kaulava Karana EkadashiE Kadashyam Titau |                            | Sun 10 Sutra 246 |                         |
| Tula Rasi: 9.47  | Tithi 26 - 27 | Gulika 1:09PM - 2:22PM  | Svali Until 2:31AM Tue     | Ganesho: Clear   | Sunrise: 7:01AM         |
| Family Home Evening  |               | Yama 10:42AM - 11:55AM  | Ahiganda* Until 1:54AM Tue | Muruga: Yellow   | Sunset: 4:50PM          |
| Creative Work  | Amrita Yoga   | Rahu 8:14AM - 9:28AM  | Kaulava Until 11:13PM      | Nataraja: Purple | Moon 11 - Phase 34 - 12 |
| Until 2:31AM Tue   |               |   | Ekadashi* Until 9:54AM     | Moan - Green     | 2nd Phase               |
| Then Routine Work - Marana Yoga  |               | Markali Pillayar  |                            | Sivaloka Day     |                         |

4

Tuesday, December 16, 2025

|   |               |  |                           |                         |                         |
|---|---------------|--|---------------------------|-------------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Mangala Vasara Yuktayam |               | Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Mangala Vasara Yuktayam     |                           | Memphis, TN             |                         |
| Vishakha Nakshatra Sukama Yoga Talila/Gara Karana DvadashiE Trayodashyam Titau                      |               | Vishakha Nakshatra Sukama Yoga Talila/Gara Karana DvadashiE Trayodashyam Titau |                           | Sun 11 Sutra 247        |                         |
| Tula Rasi: 21.37  | Tithi 27 - 28 | Gulika 11:56AM - 1:09PM  | Vishakha Until 5:42AM Wed | Ganesho: Clear          | Sunrise: 7:02AM         |
|   |               | Yama 9:29AM - 10:42AM  | Sukama Until 2:46AM Wed   | Muruga: Yellow          | Sunset: 4:50PM          |
|   |               | Rahu 2:23PM - 3:36PM   | Gara Until 1:49AM Wed     | Nataraja: Purple        | Moon 11 - Phase 34 - 12 |
| Routine Work  | Marana Yoga   |  | Dvadashi* Until 12:30PM   | Moan - Orange           | 2nd Phase               |
| Until 5:42AM Wed  |               |  |                           | Sivaloka Day            |                         |
| Then Creative Work - Siddha Yoga  |               |  |                           | Pradosha Vata (Fasting) |                         |

5

Wednesday, December 17, 2025

|   |               |   |                           |                         |                         |
|---|---------------|---|---------------------------|-------------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Budha Vasara Yuktayam |               | Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Budha Vasara Yuktayam            |                           | Memphis, TN             |                         |
| Anuradha Nakshatra Dhriti Yoga Vanija/Visti/ Karana TrayodashiE Chaturdashyam Titau               |               | Anuradha Nakshatra Dhriti Yoga Vanija/Visti/ Karana TrayodashiE Chaturdashyam Titau |                           | Sun 12 Sutra 248        |                         |
| Wischika Rasi: 3.28   | Tithi 28 - 29 | Gulika 10:43AM - 11:56AM  | Anuradha Until 8:35AM Thu | Ganesho: Clear          | Sunrise: 7:02AM         |
|   |               | Yama 8:16AM - 9:29AM  | Dhriti Until 3:35AM Thu   | Muruga: Yellow          | Sunset: 4:50PM          |
|   |               | Rahu 11:56AM - 1:10PM   | Visti Until 4:19AM Thu    | Nataraja: Purple        | Moon 11 - Phase 34 - 12 |
| Creative Work   | Siddha Yoga   |   | Trayodashi* Until 3:04PM  | Moan - Orange           | 2nd Phase               |
| Until 8:35AM Thu  |               |   |                           | Sivaloka Day            |                         |
| Then Routine Work - Prabarishtha Yoga   |               |   |                           | Pradosha Vata (Fasting) |                         |

6

Thursday, December 18, 2025

|  |               |   |                           |                         |                         |
|--|---------------|---|---------------------------|-------------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Guna Vasara Yuktayam |               | Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Guna Vasara Yuktayam                         |                           | Memphis, TN             |                         |
| Anuradha/Jyeshtha/ Nakshatra Shula* Yoga Sakuni/Catupada* Karana ChaturdashiE Amavasyayam Titau  |               | Anuradha/Jyeshtha/ Nakshatra Shula* Yoga Sakuni/Catupada* Karana ChaturdashiE Amavasyayam Titau |                           | Sun 13 Sutra 249        |                         |
| Wischika Rasi: 15.22   | Tithi 29 - 30 | Gulika 9:30AM - 10:43AM   | Anuradha Until 8:35AM     | Ganesho: Clear          | Sunrise: 7:03AM         |
|  |               | Yama 7:03AM - 8:16AM  | Shula* Until 4:13AM Fri   | Muruga: Yellow          | Sunset: 4:51PM          |
|  |               | Rahu 1:10PM - 2:24PM  | Catupada Until 6:37AM Fri | Nataraja: Purple        | Moon 11 - Phase 34 - 12 |
| Creative Work  | Siddha Yoga   |   | Chaturdashi* Until 5:28PM | Moan - Orange           | 2nd Phase               |
| Until 8:35AM   |               |   |                           | Sivaloka Day            |                         |
| Then Routine Work - Prabarishtha Yoga  |               |   |                           | Pradosha Vata (Fasting) |                         |

●

Friday, December 19, 2025

|   |             |   |                         |                         |                         |
|---|-------------|---|-------------------------|-------------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Sukra Vasara Yuktayam |             | Dakshinaya Moksha Ritau Dhanus Mase Krishna Paksho Sukra Vasara Yuktayam      |                         | Memphis, TN             |                         |
| Jyeshtha/Mula/ Nakshatra Ganda* Yoga Catupada* Naga* Karana Amavasyayam Titau                     |             | Jyeshtha/Mula/ Nakshatra Ganda* Yoga Catupada* Naga* Karana Amavasyayam Titau |                         | Sun 14 Sutra 250        |                         |
| Wischika Rasi: 27.2   | Tithi 30    | Gulika 8:17AM - 9:30AM  | Jyeshtha* Until 11:08AM | Ganesho: Purple         | Sunrise: 7:03AM         |
|   |             | Yama 2:24PM - 3:38PM  | Ganda* Until 4:43AM Sat | Muruga: Yellow          | Sunset: 4:51PM          |
|   |             | Rahu 10:44AM - 11:57AM  | Catupada Until 6:37AM   | Nataraja: Purple        | Moon 11 - Phase 34 - 12 |
| Routine Work  | Marana Yoga |   | Amavasya* Until 7:41PM  | Moan - Orange           | Amavasya                |
| Until 11:08AM   |             | Hanumath Jayanthi (Tamil Nadu)  |                         | Devaloka Day            |                         |
| Then Creative Work - Amrita Yoga  |             |   |                         | Pradosha Vata (Fasting) |                         |

Saturday, December 20, 2025

|   |             |   |                         |                         |                         |
|---|-------------|---|-------------------------|-------------------------|-------------------------|
| Vishvasu Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksho Mania Vasara Yuktayam |             | Dakshinaya Moksha Ritau Dhanus Mase Sukla Paksho Mania Vasara Yuktayam            |                         | Memphis, TN             |                         |
| Mula*/Puruvashada* Nakshatra Widdhi Yoga Kintughna* Bava Karana Prathamayam Titau               |             | Mula*/Puruvashada* Nakshatra Widdhi Yoga Kintughna* Bava Karana Prathamayam Titau |                         | Sun 15 Sutra 251        |                         |
| Dhanus Rasi: 9.23   | Tithi 1     | Gulika 7:04AM - 8:17AM  | Mula* Until 1:48PM      | Ganesho: Light Blue     | Sunrise: 7:04AM         |
|   |             | Yama 1:11PM - 2:25PM  | Widdhi Until 5:02AM Sun | Muruga: Yellow          | Sunset: 4:52PM          |
|   |             | Rahu 9:31AM - 10:44AM   | Kintughna Until 8:43AM  | Nataraja: Purple        | Moon 11 - Phase 34 - 15 |
| Creative Work   | Siddha Yoga |   | Prathama* Until 9:38PM  | Moan - Light Blue       | Prathama                |
|   |             |   |                         | Devaloka Day            |                         |
|   |             |   |                         | Pradosha Vata (Fasting) |                         |

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

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|                                    |          |  |                                 |  |   |
|------------------------------------|----------|--|---------------------------------|--|---|
| <b>1 Sunday, December 21, 2025</b> |          | Viswasa Nama Samvatsare Dakshinaya Moksha Ritau Dhanus Mese Sakla Paksha Bharu Vasara Yukrayam Panchashada/Ultarashada Nakshatra Dhruva Yoga Balava/Kaulava Karana Dvityayam Tilau |                                 |  | Memphis, TN<br>Sun 16<br>Sutra 252<br>Vasava 5127                         |
| Dhanus Rasi: 21.32                 | Tilthi 2 | <b>Gulika</b> 2:25PM - 3:39PM  | <b>Purvashada* Until 4:02PM</b> | <b>Ganesh:</b> Light Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 7:04AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 12<br>3rd Phase |
| Creative Work - Siddha Yoga        |          | 882338575  | <b>Rahu</b> 3:39PM - 4:52PM     | <b>Devaloka Day</b>  |   |
| Until 4:02PM                       |          |  | <b>Day 1 of Pancha Ganapati</b> | <b>Dvitiya Until 11:19PM</b>   | <b>Pancha/Bhakti</b>  |
| Then Creative Work - Amrita Yoga   |          |  |                                 |  |   |

|                                    |          |  |                                 |  |   |
|------------------------------------|----------|--|---------------------------------|--|---|
| <b>2 Monday, December 22, 2025</b> |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Indu Vasara Yukrayam Ultarashada/Shravana Nakshatra Vyaghata* Yoga Talilla/Gara Karana Tilityayam Tilau |                                 |  | Memphis, TN<br>Sun 17<br>Sutra 253<br>Vasava 5127                         |
| Makara Rasi: 3.49                  | Tilthi 3 | <b>Gulika</b> 1:12PM - 2:26PM  | <b>Ultarashada Until 5:50PM</b> | <b>Ganesh:</b> Light Blue<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Light Blue | Sunrise: 7:05AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 17<br>3rd Phase |
| Family Home Evening                |          | 882338575  | <b>Rahu</b> 8:18AM - 9:32AM     | <b>Devaloka Day</b>  |   |
| Routine Work - Marana Yoga         |          |  | <b>Day 2 of Pancha Ganapati</b> | <b>Tritiya Until 12:42AM Tue</b>   | <b>Pancha/Bhakti</b>  |
| Until 5:50PM                       |          |  |                                 |  |   |
| Then Creative Work - Amrita Yoga   |          |  |                                 |  |   |

|                                     |          |  |                                 |  |   |
|-------------------------------------|----------|--|---------------------------------|--|---|
| <b>3 Tuesday, December 23, 2025</b> |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Mangala Vesara Yukrayam Shravana Nakshatra Harshana Yoga Vanja/Visil* Karana Chaturtham Tilau |                                 |  | Memphis, TN<br>Sun 18<br>Sutra 254<br>Vasava 5127                         |
| Makara Rasi: 16.13                  | Tilthi 4 | <b>Gulika</b> 11:59AM - 1:13PM   | <b>Shravana Until 7:37PM</b>    | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 7:05AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 18<br>3rd Phase |
| Creative Work - Siddha Yoga         |          | 892338575  | <b>Rahu</b> 2:26PM - 3:40PM     | <b>Devaloka Day</b>  |   |
| Until 5:50PM                        |          |  | <b>Day 3 of Pancha Ganapati</b> | <b>Chaturthi* Until 1:42AM Wed</b>   | <b>Pancha/Bhakti</b>  |
| Then Creative Work - Amrita Yoga    |          |  |                                 |  |   |

|                                       |          |  |                                 |  |   |
|---------------------------------------|----------|--|---------------------------------|--|---|
| <b>4 Wednesday, December 24, 2025</b> |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Budha Vesara Yukrayam Dhanishtha Nakshatra Vajra* Yoga Bava/Balava Karana Panchamam Tilau |                                 |  | Memphis, TN<br>Sun 19<br>Sutra 255<br>Vasava 5127                         |
| Makara Rasi: 28.47                    | Tilthi 5 | <b>Gulika</b> 10:46AM - 12:00PM  | <b>Dhanishtha Until 8:49PM</b>  | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 7:06AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 19<br>3rd Phase |
| Routine Work - Prabalashita Yoga      |          | 892338575  | <b>Rahu</b> 12:00PM - 1:13PM    | <b>Devaloka Day</b>  |   |
| Until 8:49PM                          |          |  | <b>Day 4 of Pancha Ganapati</b> | <b>Panchami Until 2:15AM Thu</b>   | <b>Pancha/Bhakti</b>  |
| Then Creative Work - Siddha Yoga      |          |  |                                 |  |   |

|                                      |          |   |                                  |  |   |
|--------------------------------------|----------|---|----------------------------------|--|---|
| <b>5 Thursday, December 25, 2025</b> |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Guru Vasara Yukrayam Shalabhishak Nakshatra Siddhi Yoga Kaulava/Talilla Karana Shashthiyam Tilau |                                  |  | Memphis, TN<br>Sun 20<br>Sutra 256<br>Vasava 5127                         |
| Kumbha Rasi: 11.34                   | Tilthi 6 | <b>Gulika</b> 9:33AM - 10:47AM  | <b>Shalabhishak Until 9:23PM</b> | <b>Ganesh:</b> Purple<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Purple<br>Moon - Purple | Sunrise: 7:06AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 20<br>3rd Phase |
| Creative Work - Siddha Yoga          |          | 892338575   | <b>Rahu</b> 1:14PM - 2:27PM      | <b>Devaloka Day</b>  |   |
| Until 9:14PM                         |          |   | <b>Day 5 of Pancha Ganapati</b>  | <b>Shashthi* Until 2:17AM Fri</b>  | <b>Pancha/Bhakti</b>  |
| Then Creative Work - Siddha Yoga     |          |   | <b>Vinayaga Viratam Ends</b>     |  |   |

|                                    |          |   |                                       |   |   |
|------------------------------------|----------|---|---------------------------------------|---|---|
| <b>6 Friday, December 26, 2025</b> |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Sukra Vesara Yukrayam Purvashrothapada* Nakshatra Vyalipala* Yoga Gara/Vanija Karana Sapthamam Tilau |                                       |   | Memphis, TN<br>Sun 21<br>Sutra 257<br>Vasava 5127                         |
| Kumbha Rasi: 24.37                 | Tilthi 7 | <b>Gulika</b> 8:20AM - 9:34AM   | <b>Purvashrothapada* Until 9:41PM</b> | <b>Ganesh:</b> Green<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Clear | Sunrise: 7:07AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 21<br>3rd Phase |
| Creative Work - Siddha Yoga        |          | 812338576   | <b>Rahu</b> 10:47AM - 12:01PM         | <b>Bhuloka Day</b>  |   |
| Until 9:41PM                       |          |   | <b>Day 6 of Pancha Ganapati</b>       | <b>Saptami Until 1:43AM Sat</b>   | <b>Pancha/Bhakti</b>  |
| Then Creative Work - Siddha Yoga   |          |   |                                       | <b>Devaloka Time: 3PM to 6PM</b>  |   |

|                                       |          |   |                                       |   |   |
|---------------------------------------|----------|---|---------------------------------------|---|---|
| <b>Retreat Star</b>                   |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Marita Vesara Yukrayam Ultarashrothapada* Nakshatra Varjyan Yoga Visil*/Bava Karana Ashtamam Tilau |                                       |   | Memphis, TN<br>Sun 22<br>Sutra 258<br>Vasava 5127                       |
| Meena Rasi: 7.59                      | Tilthi 8 | <b>Gulika</b> 7:07AM - 8:21AM   | <b>Ultarashrothapada Until 9:14PM</b> | <b>Ganesh:</b> Green<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Clear | Sunrise: 7:07AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 22<br>Ashtami |
| Creative Work - Siddha Yoga           |          | 812338576   | <b>Rahu</b> 9:34AM - 10:48AM          | <b>Bhuloka Day</b>  |   |
| Until 9:14PM                          |          |   | <b>Day 7 of Pancha Ganapati</b>       | <b>Ashtami* Until 12:31AM Sun</b>   | <b>Pancha/Bhakti</b>  |
| Then Routine Work - Prabalashita Yoga |          |   |                                       | <b>Devaloka Time: 3PM to 6PM</b>  |   |

|                                  |          |   |                                 |   |  |
|----------------------------------|----------|---|---------------------------------|---|--|
| <b>Retreat Star</b>              |          | Viswasa Nama Samvatsare Uтарыane Moksha Ritau Dhanus Mese Sakla Paksha Bharu Vesara Yukrayam Revati Nakshatra Parigha* Yoga Balava/Kaulava Karana Navamam Tilau |                                 |   | Memphis, TN<br>Sun 23<br>Sutra 259<br>Vasava 5127                      |
| Meena Rasi: 21.43                | Tilthi 9 | <b>Gulika</b> 2:29PM - 3:43PM   | <b>Revati Until 8:01PM</b>      | <b>Ganesh:</b> Green<br><b>Muruga:</b> Yellow<br><b>Nataraja:</b> Clear<br>Moon - Clear | Sunrise: 7:07AM<br>Sunset: 4:59PM<br>Moon 11 - Phase 35 - 23<br>Navami |
| Creative Work - Amrita Yoga      |          | 812338576   | <b>Rahu</b> 3:43PM - 4:56PM     | <b>Bhuloka Day</b>  |  |
| Until 8:01PM                     |          |   | <b>Day 8 of Pancha Ganapati</b> | <b>Navami* Until 10:42PM</b>  | <b>Pancha/Bhakti</b>   |
| Then Creative Work - Siddha Yoga |          |   |                                 | <b>Devaloka Time: 3PM to 6PM</b>  |  |

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

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|                     |                                  |                               |   |                        |                       |                         |             |
|---------------------|----------------------------------|-------------------------------|---|------------------------|-----------------------|-------------------------|-------------|
| <b>1</b>            | <b>Monday, December 29, 2025</b> |                               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Indu Vasara Yuktayam |                        |                       |                         | Memphis, TN |
|                     | Ashvini Nakshatra Shiva/Siddha   |                               | Yoga Talila/Gara Karana Dashamyam Tilau   |                        |                       |                         | Sun 24      |
| Mesha Rasi: 5.49    | Tithi 10                         | <b>Gulika</b> 1:16PM - 2:30PM | <b>Ashvini Until 6:32PM</b>   | <b>Ganesh:</b> Red     | <b>Sunset:</b> 7:08AM | Vasavasu 5:17           |             |
| Family Home Evening | 822338576                        | <b>Yama</b> 10:49AM - 12:02PM | Shiva Until 4:59PM  | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:57PM | Moon 11 - Phase 36 - 24 |             |
| Creative Work       | Siddha Yoga                      | <b>Rahu</b> 8:21AM - 9:35AM   | Tailila Until 9:36AM  | <b>Nataraja:</b> Clear |                       | 4th Phase               |             |
|                     |                                  |                               | <b>Dashami Until 8:20PM</b>   | Moon - White           |                       | <b>Devaloka Day</b>     |             |
|                     |                                  |                               |   | <b>Paasha-Makal</b>    |                       |                         |             |

|                   |  |                                |   |                        |                       |                         |             |
|-------------------|--|--------------------------------|---|------------------------|-----------------------|-------------------------|-------------|
| <b>2</b>          | <b>Tuesday, December 30, 2025</b>      |                                | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Mangla Vasara Yuktayam |                        |                       |                         | Memphis, TN |
|                   | Bharani/Kritika Nakshatra Siddha/Sadha |                                | Yoga Vanja/Bava Karana Ekadashi/Dvadashyam Tilau  |                        |                       |                         | Sun 25      |
| Mesha Rasi: 20.16 | Tithi 11 - 12                          | <b>Gulika</b> 12:03PM - 1:16PM | <b>Bharani Until 4:25PM</b>   | <b>Ganesh:</b> Red     | <b>Sunset:</b> 7:08AM | Vasavasu 5:17           |             |
|                   | 822338576                              | <b>Yama</b> 9:35AM - 10:49AM   | Siddha Until 1:28PM   | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:58PM | Moon 11 - Phase 36 - 25 |             |
| Creative Work     | Siddha Yoga                            | <b>Rahu</b> 2:30PM - 3:44PM    | Vanija Until 6:58AM   | <b>Nataraja:</b> Clear |                       | 4th Phase               |             |
|                   |  | <b>Valkuntha Ekadasi</b>       | <b>Ekadashi Until 5:28PM</b>  | Moon - White           |                       | <b>Devaloka Day</b>     |             |
|                   |  |                                |   | <b>Paasha-Makal</b>    |                       |                         |             |

|                     |  |                                 |  |                        |                       |                         |             |
|---------------------|--|---------------------------------|--|------------------------|-----------------------|-------------------------|-------------|
| <b>3</b>            | <b>Wednesday, December 31, 2025</b>    |                                 | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Batha Visara Yuktayam |                        |                       |                         | Memphis, TN |
|                     | Krittika/Rohini Nakshatra Sadhya/Subha |                                 | Yoga Balava/Kaulava Karana Dvadashi/Trayodashyam Tilau                                       |                        |                       |                         | Sun 26      |
| Wishabha Rasi: 5.02 | Tithi 12 - 13                          | <b>Gulika</b> 10:49AM - 12:03PM | <b>Krittika Until 1:49PM</b>   | <b>Ganesh:</b> Red     | <b>Sunset:</b> 7:08AM | Vasavasu 5:17           |             |
|                     | 822338576                              | <b>Yama</b> 8:22AM - 9:36AM     | Sadhya Until 9:40AM  | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:58PM | Moon 11 - Phase 36 - 26 |             |
| Creative Work       | Amrita Yoga                            | <b>Rahu</b> 12:03PM - 1:17PM    | Kaulava Until 12:36AM Thu  | <b>Nataraja:</b> Clear |                       | 4th Phase               |             |
| Until 1:49PM        |  |                                 | <b>Dvadashi Until 2:16PM</b>   | Moon - White           |                       | <b>Devaloka Day</b>     |             |
| Then Creative Work  | Siddha Yoga                            |                                 |  | <b>Paasha-Makal</b>    |                       |                         |             |
|                     |  |                                 |  | <b>Pradosha Vata</b>   |                       |                         |             |

|                      |  |                                |   |                        |                       |                         |             |
|----------------------|--|--------------------------------|---|------------------------|-----------------------|-------------------------|-------------|
| <b>4</b>             | <b>Thursday, January 1, 2026</b>       |                                | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Guru Vasara Yuktayam |                        |                       |                         | Memphis, TN |
|                      | Rohini/Mrigashira Nakshatra Sukla Yoga |                                | Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Tilau                                      |                        |                       |                         | Sun 27      |
| Wishabha Rasi: 20.01 | Tithi 13 - 14                          | <b>Gulika</b> 9:36AM - 10:50AM | <b>Rohini Until 11:17AM</b>   | <b>Ganesh:</b> Blue    | <b>Sunset:</b> 7:08AM | Vasavasu 5:17           |             |
|                      | 832348576                              | <b>Yama</b> 7:08AM - 8:22AM    | Sadhya Until 1:36AM Fri   | <b>Muruga:</b> Yellow  | <b>Sunset:</b> 4:59PM | Moon 11 - Phase 36 - 27 |             |
| Routine Work         | Marana Yoga                            | <b>Rahu</b> 1:18PM - 2:31PM    | Gara Until 9:09PM   | <b>Nataraja:</b> Clear |                       | 4th Phase               |             |
|                      |  |                                | <b>Trayodashi Until 10:52AM</b>   | Moon - Yellow          |                       | <b>Devaloka Day</b>     |             |
|                      |  |                                |   | <b>Paasha-Makal</b>    |                       |                         |             |

|                    |                                |                               |  |                        |                       |                              |             |
|--------------------|--------------------------------|-------------------------------|--|------------------------|-----------------------|------------------------------|-------------|
| <b>O</b>           | <b>Friday, January 2, 2026</b> |                               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Sukla Paksha Sukra Vasara Yuktayam |                        |                       |                              | Memphis, TN |
|                    | Copper Retreat Star            |                               | Migashira/Ardra Nakshatra Brahma Yoga Vanja/Bava Karana Chaturdashi/Purnimayam Tilau         |                        |                       |                              | Sun 28      |
| Mithuna Rasi: 5.03 | Tithi 14 - 15                  | <b>Gulika</b> 8:22AM - 9:36AM | <b>Mrigashira Until 8:34AM</b>   | <b>Ganesh:</b> Blue    | <b>Sunset:</b> 7:09AM | Vasavasu 5:17                |             |
|                    | 833348576                      | <b>Yama</b> 2:32PM - 3:46PM   | Brahma Until 9:35PM  | <b>Muruga:</b> White   | <b>Sunset:</b> 5:09PM | Moon 11 - Phase 36 - Purnima |             |
| Creative Work      | Siddha Yoga                    | <b>Rahu</b> 10:50AM - 12:04PM | Bava Until 4:05AM Sat  | <b>Nataraja:</b> Clear |                       |                              |             |
|                    |                                |                               | <b>Chaturdashi* Until 7:25AM</b>   | Moon - Yellow          |                       | <b>Devaloka Day</b>          |             |
|                    |                                |                               |  | <b>Paasha-Makal</b>    |                       |                              |             |
|                    |                                |                               |  | <b>Ardra Darshanam</b> |                       |                              |             |

|                  |                                  |                               |   |                        |                       |                               |             |
|------------------|----------------------------------|-------------------------------|---|------------------------|-----------------------|-------------------------------|-------------|
| <b>S</b>         | <b>Saturday, January 3, 2026</b> |                               | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Manita Vasara Yuktayam |                        |                       |                               | Memphis, TN |
|                  | Silver Retreat Star              |                               | Punarvasu Nakshatra Indra/Valkhili* Yoga Balava/Kaulava Karana Prathamayam Tilau                |                        |                       |                               | Sun 29      |
| Mithuna Rasi: 20 | Tithi 16                         | <b>Gulika</b> 7:09AM - 8:23AM | <b>Punarvasu Until 3:43AM Sun</b>   | <b>Ganesh:</b> Blue    | <b>Sunset:</b> 7:09AM | Vasavasu 5:17                 |             |
|                  | 833348576                        | <b>Yama</b> 1:19PM - 2:33PM   | Indra Until 5:47PM  | <b>Muruga:</b> White   | <b>Sunset:</b> 5:07PM | Moon 11 - Phase 36 - Prathama |             |
| Creative Work    | Siddha Yoga                      | <b>Rahu</b> 9:37AM - 10:51AM  | Balava Until 2:32PM   | <b>Nataraja:</b> Clear |                       |                               |             |
|                  |                                  |                               | <b>Prathama* Until 1:03AM Sun</b>   | Moon - Yellow          |                       | <b>Devaloka Day</b>           |             |
|                  |                                  |                               |   | <b>Paasha-Makal</b>    |                       |                               |             |

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

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Sunday, January 4, 2026

Gold Retreat Star

Kataka Rasi: 4.43 Tithi 17

Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Bhanu Vasara Yuktayam

Pushya Nakshatra Vaidhriti/Vishkambha\* Yoga Talila/Gara Karana Dvityayam Titau

Gulika 2:33PM - 3:47PM

Yama 12:05PM - 1:19PM

Rahu 3:47PM - 5:01PM

Pushya Until 1:55AM Mon

Vaidhriti\* Until 2:18PM

Tailila Until 11:43AM

Dvitiya Until 10:29PM

Ganesh: Red Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Blue

Memphis, TN Sutra 266

Vasvasu 5:127

Moon 12 - Phase 37 - 1st Phase

Sivaloka Day

Pausha/Makal

Monday, January 5, 2026

1 Kataka Rasi: 19.04 Tithi 18

Family Home Evening

Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Indru Vasara Yuktayam

Ashlesha\* Nakshatra Vishkambha\*/Prili Yoga Vanija/Visli\* Karana Trityayam Titau

Gulika 1:20PM - 2:34PM

Yama 10:51AM - 12:06PM

Rahu 8:23AM - 9:37AM

Ashlesha\* Until 12:38AM Tue

Vishkambha\* Until 11:16AM

Vanija Until 9:27AM

Tritiya Until 8:33PM

Ganesh: Yellow Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Blue

Memphis, TN Sutra 267

Vasvasu 5:127

Moon 12 - Phase 37 - 1st Phase

Sivaloka Day

Pausha/Makal

Tuesday, January 6, 2026

2 Simha Rasi: 2.58 Tithi 19

Creative Work Siddha Yoga

Until 12:24AM Wed

Then Creative Work - Amrita Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Mangala Vasara Yuktayam

Magha\* Nakshatra Prili/Ayushman Yoga Bava/Balava Karana Chaturthayam Titau

Gulika 12:06PM - 1:20PM

Yama 9:37AM - 10:52AM

Rahu 2:35PM - 3:49PM

Magha\* Until 12:24AM Wed

Prili Until 8:50AM

Bava Until 7:52AM

Chaturthi\* Until 7:22PM

Ganesh: White Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Red

Memphis, TN Sutra 268

Vasvasu 5:127

Moon 12 - Phase 37 - 2 1st Phase

Devaloka Day

Pausha/Makal

Wednesday, January 7, 2026

3 Simha Rasi: 16.25 Tithi 20

Creative Work Amrita Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Budha Vasara Yuktayam

Purvaphalguni Nakshatra Ayushman/Saubhagya Yoga Kaulava/Taila Karana Panchmayam Titau

Gulika 10:52AM - 12:06PM

Yama 8:23AM - 9:38AM

Rahu 12:06PM - 1:21PM

Purvaphalguni Until 12:52AM Thu

Ayushman Until 7:01AM

Kaulava Until 7:07AM

Panchami Until 7:03PM

Ganesh: White Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Red

Memphis, TN Sutra 269

Vasvasu 5:127

Moon 12 - Phase 37 - 3 1st Phase

Devaloka Day

Pausha/Makal

Thursday, January 8, 2026

4 Simha Rasi: 29.23 Tithi 21

Amrita Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Guru Vasara Yuktayam

Uttaraphalguni Nakshatra Sobhana Yoga Gara/Vanija Karana Shashthayam Titau

Gulika 9:38AM - 10:52AM

Yama 7:09AM - 8:23AM

Rahu 1:21PM - 2:36PM

Uttaraphalguni Until 2:00AM Fri

Sobhana Until 5:24AM Fri

Gara Until 7:14AM

Shashthi\* Until 7:35PM

Ganesh: White Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Red

Memphis, TN Sutra 270

Vasvasu 5:127

Moon 12 - Phase 37 - 4 1st Phase

Devaloka Day

Pausha/Makal

Friday, January 9, 2026

5 Kanya Rasi: 11.59 Tithi 22

Creative Work Amrita Yoga

Until 4:10AM Sat

Then Routine Work - Marana Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Sukra Vasara Yuktayam

Hashta Nakshatra Alhiganda\* Yoga Visli\*/Bava Karana Sapthmayam Titau

Gulika 8:24AM - 9:38AM

Yama 2:36PM - 3:51PM

Rahu 10:53AM - 12:07PM

Hashta Until 4:10AM Sat

Alhiganda\* Until 5:28AM Sat

Visli Until 8:11AM

Sapthami Until 8:56PM

Ganesh: Clear Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Green

Memphis, TN Sutra 271

Vasvasu 5:127

Moon 12 - Phase 37 - 5 1st Phase

Sivaloka Day

Pausha/Makal

Saturday, January 10, 2026

Retreat Star

Kanya Rasi: 24.15 Tithi 23

Routine Work Marana Yoga

Until 6:44AM Sun

Then Creative Work - Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Ishana Vasara Yuktayam

Chitra Nakshatra Sukarma Yoga Balava/Kaulava Karana Ashtmayam Titau

Gulika 7:09AM - 8:24AM

Yama 1:22PM - 2:37PM

Rahu 9:38AM - 10:53AM

Chitra Until 6:44AM Sun

Sukarma Until 5:57AM Sun

Balava Until 9:52AM

Ashtami\* Until 10:54PM

Ganesh: Clear Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Green

Memphis, TN Sutra 272

Vasvasu 5:127

Moon 12 - Phase 37 - 6 Ashtami

Sivaloka Day

Pausha/Makal

Sunday, January 11, 2026

Retreat Star

Tula Rasi: 6.17 Tithi 24

Creative Work Siddha Yoga

Visvasu Nama Samvatsara Uтарыяне Moksha Ritau Dhanus Mese Krishna Paksha Bhanu Vasara Yuktayam

Chitra/Svati Nakshatra Dhriti Yoga Talila/Gara Karana Navmayam Titau

Gulika 2:38PM - 3:53PM

Yama 12:08PM - 1:23PM

Rahu 3:53PM - 5:07PM

Chitra Until 6:44AM

Dhriti Until 6:44AM Mon

Tailila Until 12:04PM

Navami\* Until 1:17AM Mon

Ganesh: Clear Sunrise: 7:09AM

Muruga: White Sunset: 5:01PM

Nataraja: Clear

Moon - Green

Memphis, TN Sutra 273

Vasvasu 5:127

Moon 12 - Phase 37 - 7 Navami

Sivaloka Day

Pausha/Makal

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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1

Monday, January 12, 2026

|                                 |             |   |                          |                 |                 |                        |
|---------------------------------|-------------|---|--------------------------|-----------------|-----------------|------------------------|
|                                 |             | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Dhanus Mese Krishna Pakshi Indu Vasara Yukhtayam |                          |                 |                 | Memphis, TN            |
|                                 |             | Svali/Wishkha Nakshatra Dhriti/Shula* Yoga Vanja/Visli* Karana Dashamyam Titau                  |                          |                 |                 | Sun 8                  |
|                                 | Gulika      | 1:23PM – 2:38PM   | Svali Until 9:27AM       | Ganesh: Clear   | Sunrise: 7:09AM | Vasavasu 5127          |
| Tula Rasi: 18.12                | Tithi 25    | Yama  | 10:54AM – 12:09PM        | Muruga: White   | Sunset: 5:08PM  | Moon 12 - Phase 38 - 8 |
| Family Home Evening             | 863448576   | Rahu  | 8:24AM – 9:39AM          | Nataraja: Clear |                 | 2nd Phase              |
| Creative Work                   | Amrita Yoga |   | Vanija Until 2:34PM      | Moon – Orange   |                 | Sivaloka Day           |
| Until 9:27AM                    |             |   | Dashami Until 3:51AM Tue | Pausha/Bhaktal  |                 |                        |
| Then Routine Work – Marana Yoga |             |   |                          |                 |                 |                        |

2

Tuesday, January 13, 2026

|                                  |             |  |                            |                 |                 |                        |
|----------------------------------|-------------|--|----------------------------|-----------------|-----------------|------------------------|
|                                  |             | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Dhanus Mese Krishna Pakshi Mangala Vasara Yukhtayam |                            |                 |                 | Memphis, TN            |
|                                  |             | Vishkha/Anuradha Nakshatra Shula*/Ganda* Yoga Bava/Balava Karana Ekadashi/Vadashyam Titau          |                            |                 |                 | Sun 9                  |
|                                  | Gulika      | 12:09PM – 1:24PM   | Vishkha Until 12:37PM      | Ganesh: Purple  | Sunrise: 7:08AM | Vasavasu 5127          |
| Wishkha Rasi: 0.03               | Tithi 26    | Yama   | 9:39AM – 10:54AM           | Muruga: White   | Sunset: 5:09PM  | Moon 12 - Phase 38 - 9 |
| 873448576                        | Rahu        | 2:39PM – 3:54PM  | Shula* Until 7:34AM        | Nataraja: Clear |                 | 2nd Phase              |
| Routine Work                     | Marana Yoga |  | Bava Until 5:09PM          | Moon – Orange   |                 | Devaloka Day           |
| Until 12:37PM                    |             |  | Ekadashi* Until 6:23AM Wed | Pausha/Bhaktal  |                 |                        |
| Then Creative Work – Siddha Yoga |             |  |                            |                 |                 |                        |

3

Wednesday, January 14, 2026

|                     |               |  |                        |                 |                 |                         |
|---------------------|---------------|--|------------------------|-----------------|-----------------|-------------------------|
|                     |               | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Makara Mese Krishna Pakshi Butha Vasara Yukhtayam |                        |                 |                 | Memphis, TN             |
|                     |               | Anuradha/Jyeshtha* Nakshatra Ganda*/Vidhi* Yoga Bava/Kaulava Karana Ekadashi/Dvadashyam Titau    |                        |                 |                 | Sun 10                  |
|                     | Gulika        | 10:54AM – 12:09PM  | Anuradha Until 3:32PM  | Ganesh: Purple  | Sunrise: 7:08AM | Vasavasu 5127           |
| Wishkha Rasi: 11.55 | Tithi 26 – 27 | Yama   | 8:24AM – 9:39AM        | Muruga: White   | Sunset: 5:10PM  | Moon 12 - Phase 38 - 10 |
| 873448576           | Rahu          | 12:09PM – 1:25PM   | Ganda* Until 8:24AM    | Nataraja: Clear |                 | 2nd Phase               |
| Creative Work       | Siddha Yoga   |  | Kaulava Until 7:38PM   | Moon – Orange   |                 | Devaloka Day            |
|                     |               |  | Ekadashi* Until 6:23AM | Pausha/Thai     |                 |                         |
|                     |               |  | Thai Pongal            |                 |                 |                         |

4

Thursday, January 15, 2026

|                                  |                     |   |                         |                 |                 |                         |
|----------------------------------|---------------------|---|-------------------------|-----------------|-----------------|-------------------------|
|                                  |                     | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Makara Mese Krishna Pakshi Guru Vasara Yukhtayam |                         |                 |                 | Memphis, TN             |
|                                  |                     | Jyeshtha* Nakshatra Vidhi/Dhruva Yoga Talila/Gara Karana Dvadashi/Trayodashyam Titau            |                         |                 |                 | Sun 11                  |
|                                  | Gulika              | 9:39AM – 10:54AM  | Jyeshtha* Until 6:05PM  | Ganesh: Purple  | Sunrise: 7:08AM | Vasavasu 5127           |
| Wishkha Rasi: 23.52              | Tithi 27 – 28       | Yama  | 7:08AM – 8:23AM         | Muruga: White   | Sunset: 5:11PM  | Moon 12 - Phase 38 - 11 |
| 873448576                        | Rahu                | 1:25PM – 2:40PM   | Vidhi Until 9:05AM      | Nataraja: Clear |                 | 2nd Phase               |
| Routine Work                     | Prabalarishtha Yoga |   | Gara Until 9:51PM       | Moon – Orange   |                 | Devaloka Day            |
| Until 6:05PM                     |                     |   | Dvadashi* Until 8:45AM  | Pausha/Thai     |                 |                         |
| Then Creative Work – Siddha Yoga |                     |   | Pradosha Vata (Fasting) |                 |                 |                         |

5

Friday, January 16, 2026

|   |               |  |                           |                   |                 |                         |
|---|---------------|--|---------------------------|-------------------|-----------------|-------------------------|
|   |               | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Makara Mese Krishna Pakshi Sukra Vasara Yukhtayam |                           |                   |                 | Memphis, TN             |
|   |               | Mula* Nakshatra Dhruva/Vyaghata* Yoga Vanja/Visli* Karana Trayodashi/Chaturdashyam Titau         |                           |                   |                 | Sun 12                  |
|   | Gulika        | 8:23AM – 9:39AM  | Mula* Until 8:39PM        | Ganesh: Purple    | Sunrise: 7:08AM | Vasavasu 5127           |
| Dhanus Rasi: 5.54                       | Tithi 28 – 29 | Yama   | 2:41PM – 3:57PM           | Muruga: White     | Sunset: 5:12PM  | Moon 12 - Phase 38 - 12 |
| 884448576                               | Rahu          | 10:54AM – 12:10PM  | Dhruva Until 9:32AM       | Nataraja: Clear   |                 | 2nd Phase               |
| Creative Work                           | Amrita Yoga   |  | Visli Until 11:45PM       | Moon – Light Blue |                 | Devaloka Day            |
| Until 8:39PM                            |               |  | Trayodashi* Until 10:50AM | Pausha/Thai       |                 |                         |
| Then Routine Work – Prabalarishtha Yoga |               |  |                           |                   |                 |                         |

●

Saturday, January 17, 2026

|                                 |               |   |                            |                   |                 |                         |
|---------------------------------|---------------|---|----------------------------|-------------------|-----------------|-------------------------|
|                                 |               | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Makara Mese Krishna Pakshi Marta Vasara Yukhtayam  |                            |                   |                 | Memphis, TN             |
|                                 |               | Purvashada* Nakshatra Vyaghata*/Harshana Yoga Sakuni/Catuspada* Karana Amavasya/Amavasyayam Titau |                            |                   |                 | Sun 13                  |
|                                 | Gulika        | 7:08AM – 8:23AM   | Purvashada* Until 10:41PM  | Ganesh: Purple    | Sunrise: 7:08AM | Vasavasu 5127           |
| Dhanus Rasi: 18.05              | Tithi 29 – 30 | Yama  | 1:26PM – 2:42PM            | Muruga: White     | Sunset: 5:13PM  | Moon 12 - Phase 38 - 13 |
| 884448576                       | Rahu          | 9:39AM – 10:55AM  | Vyaghata* Until 9:44AM     | Nataraja: Clear   |                 | Amavasya                |
| Creative Work                   | Siddha Yoga   |   | Catuspada Until 1:16AM Sun | Moon – Light Blue |                 | Devaloka Day            |
| Until 10:41PM                   |               |   | Chalurdashi* Until 12:32PM | Pausha/Thai       |                 |                         |
| Then Routine Work – Marana Yoga |               |   |                            |                   |                 |                         |

Sunday, January 18, 2026

|                   |              |  |                               |                   |                 |                         |
|-------------------|--------------|--|-------------------------------|-------------------|-----------------|-------------------------|
|                   |              | Visavasu Nama Samvatsara: Uтарыне Moksha Ritau Makara Mese Sukla Pakshi Bharu Vasara Yukhtayam |                               |                   |                 | Memphis, TN             |
|                   |              | Uttarashada* Nakshatra Harshana/Vajra* Yoga Naga*/Kintughna* Karana Amavasya/Prathamayam Titau |                               |                   |                 | Sun 14                  |
|                   | Gulika       | 2:42PM – 3:58PM  | Uttarashada Until 12:10AM Mon | Ganesh: Purple    | Sunrise: 7:07AM | Vasavasu 5127           |
| Makara Rasi: 0.26 | Tithi 30 – 1 | Yama   | 12:11PM – 1:27PM              | Muruga: White     | Sunset: 5:14PM  | Moon 12 - Phase 38 - 14 |
| 884448576         | Rahu         | 3:58PM – 5:14PM  | Harshana Until 9:38AM         | Nataraja: Clear   |                 | Prathama                |
| Creative Work     | Amrita Yoga  |  | Kintughna Until 2:21AM Mon    | Moon – Light Blue |                 | Devaloka Day            |
|                   |              |  | Amavasya* Until 1:50PM        | Bhaghat/Thai      |                 |                         |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                                   |             |   |                                  |                           |                 |                         |
|-----------------------------------|-------------|---|----------------------------------|---------------------------|-----------------|-------------------------|
| <b>1 Monday, January 19, 2026</b> |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Indu Vasara Yukhtayam Memphis, TN<br>Shravana Nakshatra Vajra/Siddhi Yoga Bava/Balava Karana Prathama/Dvityayam Titau Sun 15 Sutra 281 |                                  |                           |                 |                         |
| Makara Rasi: 12.58                | Tithi 1 – 2 | <b>Gulika</b> 1:27PM – 2:43PM   | <b>Shravana Until 1:35AM Tue</b> | <b>Ganesh:</b> Light Blue | Sunrise: 7:07AM | Vasavasa 5:127          |
| <b>Family Home Evening</b>        |             | <b>Yama</b> 10:55AM – 12:11PM   | <b>Vajra* Until 9:12AM</b>       | <b>Muruga:</b> White      | Sunset: 5:19PM  | Moon 12 - Phase 39 - 15 |
| <b>Creative Work</b> Amrita Yoga  | 894448576   | <b>Rahu</b> 8:23AM – 9:39AM   | <b>Balava Until 3:02AM Tue</b>   | <b>Nataraja:</b> Clear    |                 | 3rd Phase               |
| Until 1:35AM Tue                  |             |   | <b>Prathama* Until 2:44PM</b>    | <b>Devaloka Day</b>       |                 |                         |
| Then Creative Work - Siddha Yoga  |             |   |                                  | <b>Devaloka Day</b>       |                 |                         |

|                                    |             |   |                                    |                           |                 |                         |
|------------------------------------|-------------|---|------------------------------------|---------------------------|-----------------|-------------------------|
| <b>2 Tuesday, January 20, 2026</b> |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Margala Vasara Yukhtayam Memphis, TN<br>Dhanishtha Nakshatra Siddhi/Vyatlata* Yoga Kaulava/Taila Karana Dvitya/Tritayam Titau Sun 16 Sutra 282 |                                    |                           |                 |                         |
| Makara Rasi: 25.41                 | Tithi 2 – 3 | <b>Gulika</b> 12:11PM – 1:28PM  | <b>Dhanishtha Until 2:26AM Wed</b> | <b>Ganesh:</b> Light Blue | Sunrise: 7:06AM | Vasavasa 5:127          |
|                                    |             | <b>Yama</b> 9:39AM – 10:55AM  | <b>Siddhi Until 8:28AM</b>         | <b>Muruga:</b> White      | Sunset: 5:16PM  | Moon 12 - Phase 39 - 16 |
| <b>Creative Work</b> Siddha Yoga   | 894448576   | <b>Rahu</b> 2:44PM – 4:00PM   | <b>Taila Until 3:19AM Wed</b>      | <b>Nataraja:</b> Clear    |                 | 3rd Phase               |
|                                    |             |   | <b>Dvitiya Until 3:12PM</b>        | <b>Devaloka Day</b>       |                 |                         |
|                                    |             |   |                                    | <b>Devaloka Day</b>       |                 |                         |

|                                      |             |  |                                      |                           |                 |                         |
|--------------------------------------|-------------|--|--------------------------------------|---------------------------|-----------------|-------------------------|
| <b>3 Wednesday, January 21, 2026</b> |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Budha Vasara Yukhtayam Memphis, TN<br>Shabhbhishak Nakshatra Vyatlata* Varyan Yoga Gara/Vanija Karana Tritiya/Chaturtham Titau Sun 17 Sutra 283 |                                      |                           |                 |                         |
| Kumbha Rasi: 8.35                    | Tithi 3 – 4 | <b>Gulika</b> 10:55AM – 12:12PM  | <b>Shabhbhishak Until 2:46AM Thu</b> | <b>Ganesh:</b> Light Blue | Sunrise: 7:06AM | Vasavasa 5:127          |
|                                      |             | <b>Yama</b> 9:39AM – 10:55AM   | <b>Vyatlata* Until 7:27AM</b>        | <b>Muruga:</b> White      | Sunset: 5:17PM  | Moon 12 - Phase 39 - 17 |
| <b>Creative Work</b> Siddha Yoga     | 894448576   | <b>Rahu</b> 12:12PM – 1:28PM   | <b>Vanija Until 3:11AM Thu</b>       | <b>Nataraja:</b> Clear    |                 | 3rd Phase               |
|                                      |             |  | <b>Tritiya Until 3:17PM</b>          | <b>Devaloka Day</b>       |                 |                         |
|                                      |             |  |                                      | <b>Devaloka Day</b>       |                 |                         |

|                                     |             |  |   |                        |                 |                         |
|-------------------------------------|-------------|--|---|------------------------|-----------------|-------------------------|
| <b>4 Thursday, January 22, 2026</b> |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Guru Vasara Yukhtayam Memphis, TN<br>Puravroshthapada* Nakshatra Varyan/Parigha* Yoga Vols/Bava Karana Chaturthi/Panchamam Titau Sun 18 Sutra 284 |   |                        |                 |                         |
| Kumbha Rasi: 21.41                  | Tithi 4 – 5 | <b>Gulika</b> 9:39AM – 10:55AM   | <b>Puravroshthapada* Until 3:01AM Fri</b> | <b>Ganesh:</b> White   | Sunrise: 7:06AM | Vasavasa 5:127          |
|                                     |             | <b>Yama</b> 7:06AM – 8:22AM  | <b>Varyan Until 6:05AM</b>                | <b>Muruga:</b> White   | Sunset: 5:16PM  | Moon 12 - Phase 39 - 18 |
| <b>Creative Work</b> Siddha Yoga    | 814448576   | <b>Rahu</b> 1:28PM – 2:45PM  | <b>Bava Until 2:41AM Fri</b>              | <b>Nataraja:</b> Clear |                 | 3rd Phase               |
|                                     |             |  | <b>Chaturthi* Until 2:58PM</b>            | <b>Devaloka Day</b>    |                 |                         |
|                                     |             |  |   | <b>Devaloka Day</b>    |                 |                         |

|                                       |             |  |  |                        |                 |                         |
|---------------------------------------|-------------|--|--|------------------------|-----------------|-------------------------|
| <b>5 Friday, January 23, 2026</b>     |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Sukra Vasara Yukhtayam Memphis, TN<br>Uttaravroshthapada Nakshatra Shiva Yoga Balava/Kaulava Karana Panchami/Shashtham Titau Sun 19 Sutra 285 |  |                        |                 |                         |
| Meena Rasi: 4.59                      | Tithi 5 – 6 | <b>Gulika</b> 8:22AM – 9:39AM  | <b>Uttaravroshthapada Until 2:44AM Sat</b> | <b>Ganesh:</b> White   | Sunrise: 7:05AM | Vasavasa 5:127          |
|                                       |             | <b>Yama</b> 2:46PM – 4:02PM  | <b>Shiva Until 2:30AM Sat</b>              | <b>Muruga:</b> White   | Sunset: 5:19PM  | Moon 12 - Phase 39 - 19 |
| <b>Creative Work</b> Siddha Yoga      | 814448576   | <b>Rahu</b> 10:55AM – 12:12PM  | <b>Kaulava Until 1:46AM Sat</b>            | <b>Nataraja:</b> Clear |                 | 3rd Phase               |
| Until 2:44AM Sat                      |             |  | <b>Panchami Until 2:15PM</b>               | <b>Devaloka Day</b>    |                 |                         |
| Then Routine Work - Prabalashita Yoga |             |  |  | <b>Devaloka Day</b>    |                 |                         |

|                                       |             |   |                                 |                        |                 |                         |
|---------------------------------------|-------------|---|---------------------------------|------------------------|-----------------|-------------------------|
| <b>6 Saturday, January 24, 2026</b>   |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Manita Vasara Yukhtayam Memphis, TN<br>Revati Nakshatra Siddha Yoga Taila/Gara Karana Shashthi/Saptamam Titau Sun 20 Sutra 286 |                                 |                        |                 |                         |
| Meena Rasi: 18.31                     | Tithi 6 – 7 | <b>Gulika</b> 7:05AM – 8:22AM   | <b>Revati Until 1:56AM Sun</b>  | <b>Ganesh:</b> Clear   | Sunrise: 7:05AM | Vasavasa 5:127          |
|                                       |             | <b>Yama</b> 1:29PM – 2:46PM   | <b>Siddha Until 12:14AM Sun</b> | <b>Muruga:</b> White   | Sunset: 5:20PM  | Moon 12 - Phase 39 - 20 |
| <b>Routine Work</b> Prabalashita Yoga | 914448576   | <b>Rahu</b> 9:38AM – 10:55AM  | <b>Gara Until 12:29AM Sun</b>   | <b>Nataraja:</b> Clear |                 | 3rd Phase               |
| Until 1:56AM Sun                      |             |   | <b>Shashthi* Until 1:10PM</b>   | <b>Sivaloka Day</b>    |                 |                         |
| Then Creative Work - Siddha Yoga      |             |   |                                 | <b>Sivaloka Day</b>    |                 |                         |

|                                  |             |  |                                 |                        |                 |                         |
|----------------------------------|-------------|--|---------------------------------|------------------------|-----------------|-------------------------|
| <b>Sunday, January 25, 2026</b>  |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Bhava Vasara Yukhtayam Memphis, TN<br>Ashvini Nakshatra Sadhya Yoga Vanija/Vsiti* Karana Saptami/Ashthamam Titau Sun 21 Sutra 287 |                                 |                        |                 |                         |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 2:47PM – 4:04PM  | <b>Ashvini Until 1:02AM Mon</b> | <b>Ganesh:</b> White   | Sunrise: 7:04AM | Vasavasa 5:127          |
| Mesha Rasi: 2.15                 | Tithi 7 – 8 | <b>Yama</b> 12:13PM – 1:30PM   | <b>Sadya Until 9:40PM</b>       | <b>Muruga:</b> White   | Sunset: 5:21PM  | Moon 12 - Phase 39 - 21 |
| <b>Creative Work</b> Siddha Yoga | 924448576   | <b>Rahu</b> 4:04PM – 5:21PM  | <b>Vsiti Until 10:49PM</b>      | <b>Nataraja:</b> Clear |                 | Ashlami                 |
|                                  |             |  | <b>Saptami Until 11:41AM</b>    | <b>Devaloka Day</b>    |                 |                         |
|                                  |             |  |                                 | <b>Devaloka Day</b>    |                 |                         |

|                                  |             |  |                              |                        |                 |                         |
|----------------------------------|-------------|--|------------------------------|------------------------|-----------------|-------------------------|
| <b>Monday, January 26, 2026</b>  |             | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Sukla Paksho Indu Vasara Yukhtayam Memphis, TN<br>Bharani Nakshatra Subha Yoga Bava/Balava Karana Ashlami/Navamam Titau Sun 22 Sutra 288 |                              |                        |                 |                         |
| <b>Retreat Star</b>              |             | <b>Gulika</b> 1:30PM – 2:48PM  | <b>Bharani Until 11:39PM</b> | <b>Ganesh:</b> White   | Sunrise: 7:03AM | Vasavasa 5:127          |
| Mesha Rasi: 16.14                | Tithi 8 – 9 | <b>Yama</b> 10:56AM – 12:13PM  | <b>Subha Until 6:50PM</b>    | <b>Muruga:</b> White   | Sunset: 5:22PM  | Moon 12 - Phase 39 - 22 |
| <b>Family Home Evening</b>       | 924448576   | <b>Rahu</b> 8:21AM – 9:38AM  | <b>Balava Until 8:47PM</b>   | <b>Nataraja:</b> Clear |                 | Navami                  |
| <b>Creative Work</b> Siddha Yoga |             |  | <b>Ashlami* Until 9:49AM</b> | <b>Devaloka Day</b>    |                 |                         |
| Until 11:39PM                    |             |  |                              | <b>Devaloka Day</b>    |                 |                         |
| Then Routine Work - Marana Yoga  |             |  |                              | <b>Devaloka Day</b>    |                 |                         |

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

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|                                    |              |  |                             |                        |                        |                          |
|------------------------------------|--------------|--|-----------------------------|------------------------|------------------------|--------------------------|
| <b>1 Tuesday, January 27, 2026</b> |              | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Sukla Paksho Mangala Vasara Yuktayam<br>Kritika Nakshatra Sukla/Brahma Yoga Kaulava/Tailita Karana Navami/Dashmyam Titau |                             |                        |                        | Memphis, TN<br>Sutra 289 |
| Wishabha Rasi: 0.26                | Tithi 9 – 10 | <b>Gulika</b><br>12:13PM – 1:31PM  | <b>Kritika Until 9:50PM</b> | <b>Ganesh:</b> White   | <b>Sunrise:</b> 7:03AM | Vasavasu 5:127           |
|                                    |              | <b>Yama</b><br>9:38AM – 10:56AM  | Sukla Until 3:43PM          | <b>Muruga:</b> White   | <b>Sunset:</b> 5:29PM  | Moon 12 - Phase 40 - 23  |
| Creative Work                      | Siddha Yoga  | <b>Rahu</b><br>2:48PM – 4:06PM   | Tailita Until 6:26PM        | <b>Nataraja:</b> Clear |                        | 4th Phase                |
| Until 9:50PM                       |              |  | <b>Navami* Until 7:38AM</b> | <b>Moon - White:</b>   |                        | <b>Devaloka Day</b>      |
| Then Creative Work - Amrita Yoga   |              |  |                             | <b>Baghar Thai</b>     |                        |                          |

|                                      |             |  |                                  |                        |                        |                          |
|--------------------------------------|-------------|--|----------------------------------|------------------------|------------------------|--------------------------|
| <b>2 Wednesday, January 28, 2026</b> |             | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Sukla Paksho Budha Vesara Yuktayam<br>Rohini Nakshatra Brahma/Indra Yoga Vanja/Visli* Karana Ekadashmyam Titau |                                  |                        |                        | Memphis, TN<br>Sutra 290 |
| Wishabha Rasi: 14.49                 | Tithi 11    | <b>Gulika</b><br>10:56AM – 12:13PM   | <b>Rohini Until 8:03PM</b>       | <b>Ganesh:</b> Red     | <b>Sunrise:</b> 7:02AM | Vasavasu 5:127           |
|                                      |             | <b>Yama</b><br>8:20AM – 9:38AM   | Brahma Until 12:25PM             | <b>Muruga:</b> White   | <b>Sunset:</b> 5:29PM  | Moon 12 - Phase 40 - 24  |
| Creative Work                        | Siddha Yoga | <b>Rahu</b><br>12:13PM – 1:31PM  | Vanja Until 3:51PM               | <b>Nataraja:</b> Clear |                        | 4th Phase                |
|                                      |             |  | <b>Ekadashi Until 2:29AM Thu</b> | <b>Moon - Yellow:</b>  |                        | <b>Sivaloka Day</b>      |
|                                      |             |  |                                  | <b>Baghar Thai</b>     |                        |                          |

|                                     |             |   |                                |                        |                        |                          |
|-------------------------------------|-------------|---|--------------------------------|------------------------|------------------------|--------------------------|
| <b>3 Thursday, January 29, 2026</b> |             | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Sukla Paksho Guru Vesara Yuktayam<br>Mrigashira Nakshatra Indra/Vaidhryi* Yoga Bava/Balava Karana Dvadashmyam Titau |                                |                        |                        | Memphis, TN<br>Sutra 291 |
| Wishabha Rasi: 29.21                | Tithi 12    | <b>Gulika</b><br>9:38AM – 10:55AM   | <b>Mrigashira Until 6:01PM</b> | <b>Ganesh:</b> Red     | <b>Sunrise:</b> 7:02AM | Vasavasu 5:127           |
|                                     |             | <b>Yama</b><br>7:02AM – 8:20AM  | Indra Until 8:59AM             | <b>Muruga:</b> White   | <b>Sunset:</b> 5:29PM  | Moon 12 - Phase 40 - 25  |
| Routine Work                        | Marana Yoga | <b>Rahu</b><br>1:31PM – 2:49PM  | Bava Until 1:07PM              | <b>Nataraja:</b> Clear |                        | 4th Phase                |
|                                     |             |   | <b>Dvadashi Until 11:42PM</b>  | <b>Moon - Yellow:</b>  |                        | <b>Sivaloka Day</b>      |
|                                     |             |   |                                | <b>Baghar Thai</b>     |                        |                          |

|                                   |             |   |                                |                        |                        |                          |
|-----------------------------------|-------------|---|--------------------------------|------------------------|------------------------|--------------------------|
| <b>4 Friday, January 30, 2026</b> |             | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Sukla Paksho Sukra Vesara Yuktayam<br>Andra/Punarvasu Nakshatra Vishkambha* Yoga Kaulava/Tailita Karana Trayodashmyam Titau |                                |                        |                        | Memphis, TN<br>Sutra 292 |
| Mithuna Rasi: 13.56               | Tithi 13    | <b>Gulika</b><br>8:19AM – 9:37AM  | <b>Andra Until 3:50PM</b>      | <b>Ganesh:</b> Red     | <b>Sunrise:</b> 7:01AM | Vasavasu 5:127           |
|                                   |             | <b>Yama</b><br>2:50PM – 4:08PM  | Vishkambha* Until 2:03AM Sat   | <b>Muruga:</b> White   | <b>Sunset:</b> 5:29PM  | Moon 12 - Phase 40 - 26  |
| Creative Work                     | Siddha Yoga | <b>Rahu</b><br>10:55AM – 12:14PM  | Kaulava Until 10:21AM          | <b>Nataraja:</b> Clear |                        | 4th Phase                |
|                                   |             |   | <b>Trayodashi Until 8:58PM</b> | <b>Moon - Yellow:</b>  |                        | <b>Sivaloka Day</b>      |
|                                   |             |   |                                | <b>Baghar Thai</b>     |                        |                          |

Pradosha Vata

|                                     |             |   |                                  |                        |                        |                          |
|-------------------------------------|-------------|---|----------------------------------|------------------------|------------------------|--------------------------|
| <b>5 Saturday, January 31, 2026</b> |             | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Sukla Paksho Manita Vesara Yuktayam<br>Punarvasu/Pushya Nakshatra Phili Yoga Gara/Vanja Karana Chaturdashmyam Titau |                                  |                        |                        | Memphis, TN<br>Sutra 293 |
| Mithuna Rasi: 28.28                 | Tithi 14    | <b>Gulika</b><br>7:00AM – 8:19AM  | <b>Punarvasu Until 2:04PM</b>    | <b>Ganesh:</b> Blue    | <b>Sunrise:</b> 7:00AM | Vasavasu 5:127           |
|                                     |             | <b>Yama</b><br>1:32PM – 2:51PM  | Phili Until 10:48PM              | <b>Muruga:</b> White   | <b>Sunset:</b> 5:27PM  | Moon 12 - Phase 40 - 27  |
| Creative Work                       | Siddha Yoga | <b>Rahu</b><br>9:37AM – 10:55AM   | Gara Until 7:40AM                | <b>Nataraja:</b> Clear |                        | 4th Phase                |
|                                     |             | <b>Thai Pusam</b>   | <b>Chaturdashi* Until 6:24PM</b> | <b>Moon - Blue:</b>    |                        | <b>Devaloka Day</b>      |
|                                     |             |   |                                  | <b>Baghar Thai</b>     |                        |                          |

|                                   |               |  |                              |                        |                        |                              |
|-----------------------------------|---------------|--|------------------------------|------------------------|------------------------|------------------------------|
| <b>○ Sunday, February 1, 2026</b> |               | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kritihna Paksho Bhanu Vesara Yuktayam<br>Pushya/Ashlesha* Nakshatra Ayushman Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                              |                        |                        | Memphis, TN<br>Sutra 294     |
| <b>Copper Retreat Star</b>        |               | <b>Gulika</b><br>2:51PM – 4:09PM   | <b>Pushya Until 12:27PM</b>  | <b>Ganesh:</b> Blue    | <b>Sunrise:</b> 7:00AM | Vasavasu 5:127               |
| Kataka Rasi: 12.5                 | Tithi 15 – 16 | <b>Yama</b><br>12:14PM – 1:32PM  | Ayushman Until 7:48PM        | <b>Muruga:</b> White   | <b>Sunset:</b> 5:27PM  | Moon 12 - Phase 40 - Purnima |
| Creative Work                     | Siddha Yoga   | <b>Rahu</b><br>4:09PM – 5:27PM   | Balava Until 3:12AM Mon      | <b>Nataraja:</b> Clear |                        |                              |
|                                   |               |  | <b>Purnima* Until 4:09PM</b> | <b>Moon - Blue:</b>    |                        | <b>Devaloka Day</b>          |
|                                   |               |  |                              | <b>Baghar Thai</b>     |                        |                              |

|                                 |               |  |                                |                        |                        |                               |
|---------------------------------|---------------|--|--------------------------------|------------------------|------------------------|-------------------------------|
| <b>Monday, February 2, 2026</b> |               | Vivavasu Nama Samvatsare Uтарыне Moksha Ritau Makara Mase Kritihna Paksho Indu Vesara Yuktayam<br>Ashlesha/Megha* Nakshatra Saubhagya/Sobhana Yoga Kaulava/Tailita Karana Prathama/Dvityayam Titau |                                |                        |                        | Memphis, TN<br>Sutra 295      |
| <b>Silver Retreat Star</b>      |               | <b>Gulika</b><br>1:32PM – 2:51PM   | <b>Ashlesha* Until 11:07AM</b> | <b>Ganesh:</b> Blue    | <b>Sunrise:</b> 6:59AM | Vasavasu 5:127                |
| Kataka Rasi: 26.56              | Tithi 16 – 17 | <b>Yama</b><br>10:55AM – 12:14PM   | Saubhagya Until 5:12PM         | <b>Muruga:</b> White   | <b>Sunset:</b> 5:28PM  | Moon 12 - Phase 40 - Prathama |
| Family Home Evening             |               | <b>Rahu</b><br>8:18AM – 9:37AM   | Tailita Until 1:41AM Tue       | <b>Nataraja:</b> Clear |                        |                               |
| Creative Work                   | Siddha Yoga   |  | <b>Prathama* Until 2:21PM</b>  | <b>Moon - Blue:</b>    |                        | <b>Devaloka Day</b>           |
| Until 11:07AM                   |               |  |                                | <b>Baghar Thai</b>     |                        |                               |
| Then Routine Work - Marana Yoga |               |  |                                |                        |                        |                               |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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**Tuesday, February 3, 2026****Gold Retreat Star**

Simha Rasi: 10.43 TITHI 17 - 18  
 Creative Work Siddha Yoga

|               |                  |                              |                         |                        |       |                          |
|---------------|------------------|------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 12:14PM - 1:33PM | <b>Magha* Untill 10:37AM</b> | <b>Ganesh:</b> Red      | <b>Sunrise:</b> 6:59AM | Sun 1 | Memphis, TN<br>Sutra 296 |
| <b>Yama</b>   | 9:36AM - 10:55AM | Sobhana Untill 3:06PM        | <b>Muruga:</b> White    | <b>Sunset:</b> 5:29PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 2:52PM - 4:11PM  | Vanija Untill 12:49AM Wed    | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 1    |
|               |                  | <b>Dvitiya Untill 1:09PM</b> | <b>Moan - Red</b>       |                        |       | 1st Phase                |

**Sivaloka Day****1 Wednesday, February 4, 2026**

Simha Rasi: 24.06 TITHI 18 - 19  
 Creative Work Amrita Yoga

|               |                   |                                     |                         |                        |       |                          |
|---------------|-------------------|-------------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 10:55AM - 12:14PM | <b>Purvaphalguni Untill 10:40AM</b> | <b>Ganesh:</b> Red      | <b>Sunrise:</b> 6:58AM | Sun 2 | Memphis, TN<br>Sutra 297 |
| <b>Yama</b>   | 8:17AM - 9:36AM   | Ahiganda* Untill 1:31PM             | <b>Muruga:</b> White    | <b>Sunset:</b> 5:30PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 12:14PM - 1:33PM  | Bava Untill 12:41AM Thu             | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 2    |
|               |                   | <b>Tritiya Untill 12:38PM</b>       | <b>Moan - Red</b>       |                        |       | 1st Phase                |

**Maha Sankatahara Chaturthi****Sivaloka Day****2 Thursday, February 5, 2026**

Kanya Rasi: 7.06 TITHI 19 - 20  
 Amrita Yoga  
 Untill 11:16AM  
 Then Routine Work - Marana Yoga

|               |                  |                                      |                         |                        |       |                          |
|---------------|------------------|--------------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 9:36AM - 10:55AM | <b>Uttaraphalguni Untill 11:16AM</b> | <b>Ganesh:</b> Red      | <b>Sunrise:</b> 6:57AM | Sun 3 | Memphis, TN<br>Sutra 298 |
| <b>Yama</b>   | 6:57AM - 8:16AM  | Sukarna Untill 12:31PM               | <b>Muruga:</b> White    | <b>Sunset:</b> 5:31PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 1:34PM - 2:53PM  | Kaulava Untill 1:18AM Fri            | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 3    |
|               |                  | <b>Chaturthi* Untill 12:52PM</b>     | <b>Moan - Red</b>       |                        |       | 1st Phase                |

**Sivaloka Day****3 Friday, February 6, 2026**

Kanya Rasi: 19.44 TITHI 20 - 21  
 Creative Work Amrita Yoga  
 Untill 12:54PM  
 Then Creative Work - Siddha Yoga

|               |                   |                               |                         |                        |       |                          |
|---------------|-------------------|-------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 8:16AM - 9:35AM   | <b>Hasla Untill 12:54PM</b>   | <b>Ganesh:</b> Green    | <b>Sunrise:</b> 6:56AM | Sun 4 | Memphis, TN<br>Sutra 299 |
| <b>Yama</b>   | 2:53PM - 4:13PM   | Dhriti Untill 12:07PM         | <b>Muruga:</b> White    | <b>Sunset:</b> 5:32PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 10:55AM - 12:14PM | Gara Untill 2:36AM Sat        | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 4    |
|               |                   | <b>Panchami Untill 1:51PM</b> | <b>Moan - Green</b>     |                        |       | 1st Phase                |

**Devaloka Day****4 Saturday, February 7, 2026**

Tula Rasi: 2.05 TITHI 21 - 22  
 Routine Work Marana Yoga  
 Untill 3:00PM  
 Then Creative Work - Siddha Yoga

|               |                  |                                |                         |                        |       |                          |
|---------------|------------------|--------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 6:55AM - 8:15AM  | <b>Chitra Untill 3:00PM</b>    | <b>Ganesh:</b> White    | <b>Sunrise:</b> 6:55AM | Sun 5 | Memphis, TN<br>Sutra 300 |
| <b>Yama</b>   | 1:34PM - 2:54PM  | Shula* Untill 12:10PM          | <b>Muruga:</b> White    | <b>Sunset:</b> 5:33PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 9:35AM - 10:55AM | Visiti Untill 4:30AM Sun       | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 5    |
|               |                  | <b>Shashthi* Untill 3:28PM</b> | <b>Moan - Green</b>     |                        |       | 1st Phase                |

**Devaloka Day****5 Sunday, February 8, 2026**

Tula Rasi: 14.13 TITHI 22 - 23  
 Creative Work Siddha Yoga  
 Untill 5:24PM  
 Then Routine Work - Marana Yoga

|               |                  |                              |                         |                        |       |                          |
|---------------|------------------|------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 2:54PM - 4:14PM  | <b>Svati Untill 5:24PM</b>   | <b>Ganesh:</b> White    | <b>Sunrise:</b> 6:55AM | Sun 6 | Memphis, TN<br>Sutra 301 |
| <b>Yama</b>   | 12:15PM - 1:34PM | Ganda* Untill 12:38PM        | <b>Muruga:</b> White    | <b>Sunset:</b> 5:34PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 4:14PM - 5:34PM  | Balava Untill 6:47AM Mon     | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 6    |
|               |                  | <b>Saptami Untill 5:35PM</b> | <b>Moan - Green</b>     |                        |       | 1st Phase                |

**Devaloka Day****Monday, February 9, 2026**

Tula Rasi: 26.1 TITHI 23  
**Family Home Evening**  
 Routine Work Marana Yoga  
 Untill 8:25PM  
 Then Creative Work - Siddha Yoga

|               |                   |                               |                         |                        |       |                          |
|---------------|-------------------|-------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 1:35PM - 2:55PM   | <b>Vishakha Untill 8:25PM</b> | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 6:54AM | Sun 7 | Memphis, TN<br>Sutra 302 |
| <b>Yama</b>   | 10:54AM - 12:15PM | Viddhi Untill 1:22PM          | <b>Muruga:</b> White    | <b>Sunset:</b> 5:35PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 8:14AM - 9:34AM   | Balava Untill 6:47AM          | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 7    |
|               |                   | <b>Ashlami* Untill 7:59PM</b> | <b>Moan - Orange</b>    |                        |       | Ashtami                  |

**Sivaloka Day****Tuesday, February 10, 2026**

Wischika Rasi: 8.04 TITHI 24  
 Creative Work Siddha Yoga  
 Untill 11:20PM  
 Then Routine Work - Marana Yoga

|               |                  |                                |                         |                        |       |                          |
|---------------|------------------|--------------------------------|-------------------------|------------------------|-------|--------------------------|
| <b>Gulika</b> | 12:15PM - 1:35PM | <b>Anuradha Untill 11:20PM</b> | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 6:53AM | Sun 8 | Memphis, TN<br>Sutra 303 |
| <b>Yama</b>   | 9:34AM - 10:54AM | Dhruva Untill 2:09PM           | <b>Muruga:</b> White    | <b>Sunset:</b> 5:36PM  |       | Vasavasu 5127            |
| <b>Rahu</b>   | 2:54PM - 4:14PM  | Tailita Untill 9:15AM          | <b>Nataraja:</b> Orange |                        |       | Moon 1 - Phase 41 - 8    |
|               |                  | <b>Navam* Untill 10:28PM</b>   | <b>Moan - Orange</b>    |                        |       | Navami                   |

**Sivaloka Day**

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                      |   |        |   |                                   |                  |                 |                       |
|----------------------|---|--------|---|-----------------------------------|------------------|-----------------|-----------------------|
| <b>1</b>             | <b>Wednesday, February 11, 2026</b>   |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Makara Mase Krishna Paksha Badha Vasara Yuktayam |                                   |                  |                 | Memphis, TN           |
|                      | Jyeshtha" Nakshatra Vyaghata" Harshana Yoga Vanija/Vesi" Karana Dashamyam Titau |        | Sun 9   |                                   | Sutra 304        |                 |                       |
| Wischika Rasi: 19.58 | Tithi 25  | Gulika | 10:54AM - 12:15PM   | <b>Jyeshtha" Until 1:58AM Thu</b> | Ganesh: Clear    | Sunrise: 6:57AM | Vasavasu 5:127        |
|                      |   | Yama   | 8:13AM - 9:33AM   | Vyaghata" Until 2:55PM            | Muruga: White    | Sunset: 5:27PM  | Moon 1 - Phase 42 - 9 |
| Creative Work        | Siddha Yoga   | Rahu   | 12:15PM - 1:35PM  | Vanija Until 11:42AM              | Nataraja: Orange |                 | 2nd Phase             |
|                      |   |        |   | <b>Dashami Until 12:50AM Thu</b>  | Moon - Orange    |                 | <b>Sivaloka Day</b>   |

|                   |  |        |  |                                   |                   |                 |                        |
|-------------------|--|--------|--|-----------------------------------|-------------------|-----------------|------------------------|
| <b>2</b>          | <b>Thursday, February 12, 2026</b>                                       |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Guru Vasara Yuktayam |                                   |                   |                 | Memphis, TN            |
|                   | Mula" Nakshatra Harshana/Vajra" Yoga Bava/Baleva Karana Ekadashyam Titau |        | Sun 10   |                                   | Sutra 305         |                 |                        |
| Dhanus Rasi: 1.55 | Tithi 26   | Gulika | 9:33AM - 10:54AM   | <b>Mula" Until 4:39AM Fri</b>     | Ganesh: Purple    | Sunrise: 6:51AM | Vasavasu 5:127         |
|                   |  | Yama   | 6:51AM - 8:12AM  | Harshana Until 3:32PM             | Muruga: White     | Sunset: 5:28PM  | Moon 1 - Phase 42 - 10 |
| Creative Work     | Siddha Yoga  | Rahu   | 1:36PM - 2:57PM  | Bava Until 1:56PM                 | Nataraja: Orange  |                 | 2nd Phase              |
|                   |  |        |  | <b>Ekadashi" Until 2:54AM Fri</b> | Moon - Light Blue |                 | <b>Devaloka Day</b>    |

|                    |  |        |   |                                      |                   |                 |                        |
|--------------------|--|--------|---|--------------------------------------|-------------------|-----------------|------------------------|
| <b>3</b>           | <b>Friday, February 13, 2026</b>   |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Sukra Vasara Yuktayam |                                      |                   |                 | Memphis, TN            |
|                    | Purvashadha" Uttarashadha Nakshatra Vajra" Siddhi Yoga Kaulava/Taililo Karana Trayodashyam Titau |        | Sun 11  |                                      | Sutra 306         |                 |                        |
| Dhanus Rasi: 14.01 | Tithi 27   | Gulika | 8:11AM - 9:32AM   | <b>Purvashadha" Until 6:43AM Sat</b> | Ganesh: Purple    | Sunrise: 6:50AM | Vasavasu 5:127         |
|                    |  | Yama   | 2:57PM - 4:18PM   | Vajra" Until 3:49PM                  | Muruga: White     | Sunset: 5:28PM  | Moon 1 - Phase 42 - 11 |
| Routine Work       | Prabalarishtha Yoga  | Rahu   | 10:53AM - 12:15PM   | Kaulava Until 3:47PM                 | Nataraja: Orange  |                 | 2nd Phase              |
|                    |  |        |   | <b>Dvadashi" Until 4:30AM Sat</b>    | Moon - Light Blue |                 | <b>Devaloka Day</b>    |

|                    |  |        |   |                                     |                   |                 |                        |
|--------------------|--|--------|---|-------------------------------------|-------------------|-----------------|------------------------|
| <b>4</b>           | <b>Saturday, February 14, 2026</b>   |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Marta Vasara Yuktayam |                                     |                   |                 | Memphis, TN            |
|                    | Purvashadha" Uttarashadha Nakshatra Siddhi/Vyagata" Yoga Gara/Vanija Karana Trayodashyam Titau |        | Sun 12  |                                     | Sutra 307         |                 |                        |
| Dhanus Rasi: 26.17 | Tithi 28   | Gulika | 6:49AM - 8:10AM   | <b>Purvashadha" Until 6:43AM</b>    | Ganesh: Clear     | Sunrise: 6:49AM | Vasavasu 5:127         |
|                    |  | Yama   | 1:36PM - 2:58PM   | Siddhi Until 3:45PM                 | Muruga: White     | Sunset: 5:40PM  | Moon 1 - Phase 42 - 12 |
| Creative Work      | Siddha Yoga  | Rahu   | 9:32AM - 10:53AM  | Gara Until 5:08PM                   | Nataraja: Orange  |                 | 2nd Phase              |
|                    |  |        |   | <b>Trayodashi" Until 5:35AM Sun</b> | Moon - Light Blue |                 | <b>Sivaloka Day</b>    |

Pradosha Vata (Fasting)

|                   |  |        |   |                                      |                   |                 |                        |
|-------------------|--|--------|---|--------------------------------------|-------------------|-----------------|------------------------|
| <b>5</b>          | <b>Sunday, February 15, 2026</b>   |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Bharu Vasara Yuktayam |                                      |                   |                 | Memphis, TN            |
|                   | Uttarashadha/Shravana Nakshatra Vyagata" Varjan Yoga Vesi/Sakuni" Karana Chaturdashyam Titau |        | Sun 13  |                                      | Sutra 308         |                 |                        |
| Makara Rasi: 8.47 | Tithi 29   | Gulika | 2:58PM - 4:20PM   | <b>Uttarashadha Until 8:08AM</b>     | Ganesh: Clear     | Sunrise: 6:48AM | Vasavasu 5:127         |
|                   |  | Yama   | 12:15PM - 1:36PM  | Vyagata" Until 3:16PM                | Muruga: White     | Sunset: 5:41PM  | Moon 1 - Phase 42 - 13 |
| Creative Work     | Amrita Yoga  | Rahu   | 4:20PM - 5:41PM   | Visti Until 5:56PM                   | Nataraja: Orange  |                 | 2nd Phase              |
|                   |  |        |   | <b>Chaturdashi" Until 6:06AM Mon</b> | Moon - Light Blue |                 | <b>Sivaloka Day</b>    |

|                                  |   |        |  |                                  |                  |                 |                        |
|----------------------------------|---|--------|--|----------------------------------|------------------|-----------------|------------------------|
| <b>Monday, February 16, 2026</b> | <b>Retreat Star</b>   |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Indu Vasara Yuktayam |                                  |                  |                 | Memphis, TN            |
|                                  | Shravana/Uttarashadha Nakshatra Varjan/Parigraha" Yoga Sakuni/Catuspada" Karana Chaturdashyam Titau |        | Sun 14   |                                  | Sutra 309        |                 |                        |
| Makara Rasi: 21.33               | Tithi 29 - 30   | Gulika | 1:36PM - 2:58PM  | <b>Shravana Until 9:18AM</b>     | Ganesh: Orange   | Sunrise: 6:47AM | Vasavasu 5:127         |
|                                  |   | Yama   | 10:53AM - 12:15PM  | Varjan Until 2:19PM              | Muruga: White    | Sunset: 5:42PM  | Moon 1 - Phase 42 - 14 |
| Family Home Evening              | Amrita Yoga   | Rahu   | 8:09AM - 9:31AM  | Catuspada Until 6:09PM           | Nataraja: Orange |                 | Amavasya               |
|                                  |   |        |  | <b>Chaturdashi" Until 6:06AM</b> | Moon - Purple    |                 | <b>Sivaloka Day</b>    |

|                                   |  |        |  |                                |                  |                 |                        |
|-----------------------------------|--|--------|--|--------------------------------|------------------|-----------------|------------------------|
| <b>Tuesday, February 17, 2026</b> | <b>Retreat Star</b>  |        | Viswvasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sula Paksha Mangala Vasara Yuktayam |                                |                  |                 | Memphis, TN            |
|                                   | Dhanishtha/Shashihokha Nakshatra Parigraha" Shiva Yoga Naga" Bava Karana Amavasya/Prathamyam Titau |        | Sun 15   |                                | Sutra 310        |                 |                        |
| Kumbha Rasi: 4.35                 | Tithi 30 - 1   | Gulika | 12:14PM - 1:37PM   | <b>Dhanishtha Until 9:46AM</b> | Ganesh: Orange   | Sunrise: 6:46AM | Vasavasu 5:127         |
|                                   |  | Yama   | 9:30AM - 10:52AM   | Parigraha" Until 12:58PM       | Muruga: White    | Sunset: 5:43PM  | Moon 1 - Phase 42 - 15 |
| Creative Work                     | Siddha Yoga  | Rahu   | 2:59PM - 4:21PM  | Bava Until 5:28AM Wed          | Nataraja: Orange |                 | Prathama               |
|                                   |  |        |  | <b>Amavasya" Until 6:02AM</b>  | Moon - Purple    |                 | <b>Sivaloka Day</b>    |

Phalguna/Masi

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

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|          |                                     |                   |   |                  |                 |                      |                          |
|----------|-------------------------------------|-------------------|---|------------------|-----------------|----------------------|--------------------------|
| <b>1</b> | <b>Wednesday, February 18, 2026</b> |                   | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Budha Vasara Yuktayam Shatabhishak/Puravroshthapada/ Nakshatra Shiva/Siddha Yoga Balava/Kaulava Karana Dvityayam Titau |                  |                 |                      | Memphis, TN<br>Sutra 311 |
|          | Gulika                              | 10:52AM - 12:14PM | <b>Shatabhishak Until 9:36AM</b>  | Ganesh: Orange   | Sunrise: 6:45AM | Sun 16               | Vasavasa 5127            |
|          | Yama                                | 8:07AM - 9:30AM   | Shiva Until 11:14AM   | Muruga: White    | Sunset: 5:49PM  | Moon 1 - Phase 43-17 | 3rd Phase                |
|          | Rahu                                | 12:14PM - 1:37PM  | Balava Until 5:02PM   | Nataraja: Orange |                 |                      |                          |
|          |                                     |                   | <b>Dvitiya Until 4:28AM Thu</b>   | Phalgun/Masi     |                 |                      | <b>Sivaloka Day</b>      |
|          | Creative Work                       | Siddha Yoga       |   |                  |                 |                      |                          |
|          | Until 9:36AM                        |                   |   |                  |                 |                      |                          |
|          | Then Creative Work - Amrita Yoga    |                   |   |                  |                 |                      |                          |

|          |                                    |                  |  |                  |                 |                      |                           |
|----------|------------------------------------|------------------|--|------------------|-----------------|----------------------|---------------------------|
| <b>2</b> | <b>Thursday, February 19, 2026</b> |                  | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktayam Puravproshthapada/Ultraproshthapada Nakshatra Siddha Yoga Talila/Gara Karana Trityayam Titau |                  |                 |                      | Memphis, TN<br>Sutra 312  |
|          | Gulika                             | 9:29AM - 10:52AM | <b>Puravproshthapada* Until 9:19AM</b>   | Ganesh: Green    | Sunrise: 6:43AM | Sun 17               | Vasavasa 5127             |
|          | Yama                               | 6:43AM - 8:06AM  | Siddha Until 9:09AM  | Muruga: White    | Sunset: 5:49PM  | Moon 1 - Phase 43-17 | 3rd Phase                 |
|          | Rahu                               | 1:37PM - 3:00PM  | Tailila Until 3:50PM   | Nataraja: Orange |                 |                      |                           |
|          |                                    |                  | <b>Tritiya Until 3:06AM Fri</b>  | Phalgun/Masi     |                 |                      | <b>Subha Sivaloka Day</b> |
|          | Creative Work                      | Siddha Yoga      |  |                  |                 |                      |                           |

|          |                                  |                   |   |                  |                 |                      |                          |
|----------|----------------------------------|-------------------|---|------------------|-----------------|----------------------|--------------------------|
| <b>3</b> | <b>Friday, February 20, 2026</b> |                   | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Sukra Vasara Yuktayam Ultraproshthapada/Revati Nakshatra Sadhya/Subha Yoga Vanja/Vasi* Karana Chaturthayam Titau |                  |                 |                      | Memphis, TN<br>Sutra 313 |
|          | Gulika                           | 8:05AM - 9:28AM   | <b>Ultraproshthapada Until 8:33AM</b>   | Ganesh: Red      | Sunrise: 6:42AM | Sun 18               | Vasavasa 5127            |
|          | Yama                             | 3:00PM - 4:23PM   | Sadya Until 6:49AM  | Muruga: White    | Sunset: 5:47PM  | Moon 1 - Phase 43-18 | 3rd Phase                |
|          | Rahu                             | 10:51AM - 12:14PM | Vanija Until 2:20PM   | Nataraja: Orange |                 |                      |                          |
|          |                                  |                   | <b>Chaturthi* Until 1:27AM Sat</b>  | Phalgun/Masi     |                 |                      | <b>Sivaloka Day</b>      |
|          | Creative Work                    | Siddha Yoga       |   |                  |                 |                      |                          |

|          |                                    |                                 |  |                  |                 |                      |                          |
|----------|------------------------------------|---------------------------------|--|------------------|-----------------|----------------------|--------------------------|
| <b>4</b> | <b>Saturday, February 21, 2026</b> |                                 | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Manita Vasara Yuktayam Ultraproshthapada/Revati Nakshatra Sadhya/Subha Yoga Vanja/Vasi* Karana Panchamyam Titau |                  |                 |                      | Memphis, TN<br>Sutra 314 |
|          | Gulika                             | 6:41AM - 8:04AM                 | <b>Revati Until 7:24AM</b>   | Ganesh: Red      | Sunrise: 6:41AM | Sun 19               | Vasavasa 5127            |
|          | Yama                               | 1:37PM - 3:01PM                 | Sukla Until 1:34AM Sun   | Muruga: White    | Sunset: 5:47PM  | Moon 1 - Phase 43-19 | 3rd Phase                |
|          | Rahu                               | 9:28AM - 10:51AM                | Bava Until 12:35PM   | Nataraja: Orange |                 |                      |                          |
|          |                                    |                                 | <b>Panchami Until 11:37PM</b>  | Phalgun/Masi     |                 |                      | <b>Sivaloka Day</b>      |
|          | Routine Work                       | Prabalarishtha Yoga             |  |                  |                 |                      |                          |
|          | Until 7:24AM                       |                                 |  |                  |                 |                      |                          |
|          | Then Creative Work - Siddha Yoga   | Subramunyaswami Siva Vision Day |  |                  |                 |                      |                          |

|          |   |                  |   |                  |                 |                      |                          |
|----------|---|------------------|---|------------------|-----------------|----------------------|--------------------------|
| <b>5</b> | <b>Sunday, February 22, 2026</b>        |                  | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Bhanu Vasara Yuktayam Ashvini/Bharani Nakshatra Brahma Yoga Kaulava/Tailila Karana Shashthiyam Titau |                  |                 |                      | Memphis, TN<br>Sutra 315 |
|          | Gulika                                  | 3:01PM - 4:25PM  | <b>Ashvini Until 6:21AM</b>   | Ganesh: Blue     | Sunrise: 6:40AM | Sun 20               | Vasavasa 5127            |
|          | Yama                                    | 12:14PM - 1:38PM | Brahma Until 10:45PM  | Muruga: White    | Sunset: 5:49PM  | Moon 1 - Phase 43-20 | 3rd Phase                |
|          | Rahu                                    | 4:25PM - 5:48PM  | Kaulava Until 10:39AM   | Nataraja: Orange |                 |                      |                          |
|          |   |                  | <b>Shashthi* Until 9:38PM</b>   | Phalgun/Masi     |                 |                      | <b>Devaloka Day</b>      |
|          | Creative Work                           | Siddha Yoga      |   |                  |                 |                      |                          |
|          | Until 6:21AM                            |                  |   |                  |                 |                      |                          |
|          | Then Routine Work - Prabalarishtha Yoga |                  |   |                  |                 |                      |                          |

|          |                                  |                   |  |                  |                 |                      |                          |
|----------|----------------------------------|-------------------|--|------------------|-----------------|----------------------|--------------------------|
| <b>6</b> | <b>Monday, February 23, 2026</b> |                   | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktayam Kritika Nakshatra Indra Yoga Gara/Vanija Karana Sapthamyam Titau |                  |                 |                      | Memphis, TN<br>Sutra 316 |
|          | Gulika                           | 1:38PM - 3:01PM   | <b>Kritika Until 3:29AM Tue</b>  | Ganesh: Blue     | Sunrise: 6:39AM | Sun 21               | Vasavasa 5127            |
|          | Yama                             | 10:50AM - 12:14PM | Indra Until 7:53PM   | Muruga: White    | Sunset: 5:49PM  | Moon 1 - Phase 43-21 | 3rd Phase                |
|          | Rahu                             | 8:03AM - 9:26AM   | Gara Until 8:37AM  | Nataraja: Orange |                 |                      |                          |
|          |                                  |                   | <b>Saptami Until 7:33PM</b>  | Phalgun/Masi     |                 |                      | <b>Devaloka Day</b>      |
|          | Creative Work                    | Siddha Yoga       |  |                  |                 |                      |                          |
|          | Until 3:29AM Tue                 |                   |  |                  |                 |                      |                          |
|          | Then Creative Work - Amrita Yoga |                   |  |                  |                 |                      |                          |

|                     |                                   |                  |  |                  |                 |                      |                          |
|---------------------|-----------------------------------|------------------|--|------------------|-----------------|----------------------|--------------------------|
| <b>Retreat Star</b> | <b>Tuesday, February 24, 2026</b> |                  | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Mangala Vasara Yuktayam Rohini Nakshatra Vaidhiti/Vishkambha* Yoga Vasi*/Balava Karana Ashtami Navamyam Titau |                  |                 |                      | Memphis, TN<br>Sutra 317 |
|                     | Gulika                            | 12:14PM - 1:38PM | <b>Rohini Until 2:12AM Wed</b>   | Ganesh: Yellow   | Sunrise: 6:38AM | Sun 22               | Vasavasa 5127            |
|                     | Yama                              | 9:26AM - 10:50AM | Vaidhiti* Until 4:57PM   | Muruga: White    | Sunset: 5:50PM  | Moon 1 - Phase 43-22 | Ashtami                  |
|                     | Rahu                              | 3:02PM - 4:26PM  | Vasi Until 6:31AM  | Nataraja: Orange |                 |                      |                          |
|                     |                                   |                  | <b>Ashtami* Until 5:25PM</b>   | Phalgun/Masi     |                 |                      | <b>Sivaloka Day</b>      |
|                     | Creative Work                     | Amrita Yoga      |  |                  |                 |                      |                          |
|                     | Until 2:12AM Wed                  |                  |  |                  |                 |                      |                          |
|                     | Then Creative Work - Siddha Yoga  |                  |  |                  |                 |                      |                          |

|                     |                                     |                   |  |                  |                 |                      |                           |
|---------------------|-------------------------------------|-------------------|--|------------------|-----------------|----------------------|---------------------------|
| <b>Retreat Star</b> | <b>Wednesday, February 25, 2026</b> |                   | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Budha Vasara Yuktayam Migashira Nakshatra Vishkambha* Pritil Yoga Kaulava/Tailila Karana Navami/Dashamyam Titau |                  |                 |                      | Memphis, TN<br>Sutra 318  |
|                     | Gulika                              | 10:49AM - 12:14PM | <b>Mrigashira Until 12:46AM Thu</b>  | Ganesh: Blue     | Sunrise: 6:36AM | Sun 23               | Vasavasa 5127             |
|                     | Yama                                | 8:01AM - 9:25AM   | Vishkambha* Until 2:02PM   | Muruga: White    | Sunset: 5:51PM  | Moon 1 - Phase 43-23 | Navami                    |
|                     | Rahu                                | 12:14PM - 1:38PM  | Tailila Until 2:15AM Thu   | Nataraja: Orange |                 |                      |                           |
|                     |                                     |                   | <b>Navami* Until 3:17PM</b>  | Phalgun/Masi     |                 |                      | <b>Subha Sivaloka Day</b> |
|                     | Creative Work                       | Siddha Yoga       |  |                  |                 |                      |                           |
|                     | Until 12:46AM Thu                   |                   |  |                  |                 |                      |                           |
|                     | Then Routine Work - Marana Yoga     |                   |  |                  |                 |                      |                           |

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

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|                                      |               |   |                                      |                         |                        |                                    |
|--------------------------------------|---------------|---|--------------------------------------|-------------------------|------------------------|------------------------------------|
| <b>1 Thursday, February 26, 2026</b> |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Guru Vasara Yuktayam<br>Ardra Nakshatra Priti/Ayushman Yoga Gara/Vanija Karana Dashami/Ekadashtyam Tilau        |                                      |                         |                        | Memphis, TN<br>Sun 24<br>Sutra 319 |
| Mithuna Rasi: 9.44                   | Tithi 10 - 11 | <b>Gulika</b><br>9:24AM - 10:49AM   | <b>Ardra Untill 11:16PM</b>          | <b>Ganesh:</b> Blue     | <b>Sunrise:</b> 6:25AM | Vasarasu 5:27                      |
|                                      |               | <b>Yama</b><br>6:35AM - 8:00AM  | <b>Priti Untill 11:06AM</b>          | <b>Muruga:</b> White    | <b>Sunset:</b> 5:59PM  | Moon 1 - Phase 44 - 24             |
|                                      |               | <b>Rahu</b><br>1:38PM - 3:03PM  | <b>Vanija Untill 12:10AM Fri</b>     | <b>Nataraja:</b> Orange |                        | 4th Phase                          |
| Routine Work - Marana Yoga           |               |   | <b>Dashami Untill 1:11PM</b>         | <b>Moon - Yellow</b>    |                        | <b>Subha Sivaloka Day</b>          |
| Untill 11:16PM                       |               |   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Creative Work - Amrita Yoga     |               |   |                                      |                         |                        |                                    |
| <b>2 Friday, February 27, 2026</b>   |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Sutra Vasara Yuktayam<br>Punarvasu Nakshatra Ayushman/Saahbhaga Yoga Vasi/Bava Karana Ekadashi/Dvadashyam Tilau |                                      |                         |                        | Memphis, TN<br>Sun 25<br>Sutra 320 |
| Mithuna Rasi: 23.52                  | Tithi 11 - 12 | <b>Gulika</b><br>7:59AM - 9:24AM  | <b>Punarvasu Untill 10:09PM</b>      | <b>Ganesh:</b> White    | <b>Sunrise:</b> 6:34AM | Vasarasu 5:27                      |
|                                      |               | <b>Yama</b><br>3:03PM - 4:28PM  | <b>Ayushman Untill 8:17AM</b>        | <b>Muruga:</b> White    | <b>Sunset:</b> 5:53PM  | Moon 1 - Phase 44 - 25             |
|                                      |               | <b>Rahu</b><br>10:49AM - 12:13PM  | <b>Bava Untill 10:14PM</b>           | <b>Nataraja:</b> Orange |                        | 4th Phase                          |
| Creative Work - Siddha Yoga          |               |   | <b>Ekadashi Untill 11:10AM</b>       | <b>Moon - Blue</b>      |                        | <b>Devaloka Day</b>                |
| Untill 10:09PM                       |               |   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Routine Work - Marana Yoga      |               |   |                                      |                         |                        |                                    |
| <b>3 Saturday, February 28, 2026</b> |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Manita Vasara Yuktayam<br>Pushya Nakshatra Sobhana Yoga Balava/Kaulava Karana Dvadashi/Trayodshyam Tilau        |                                      |                         |                        | Memphis, TN<br>Sun 26<br>Sutra 321 |
| Kalka Rasi: 7.53                     | Tithi 12 - 13 | <b>Gulika</b><br>6:33AM - 7:58AM  | <b>Pushya Untill 9:07PM</b>          | <b>Ganesh:</b> White    | <b>Sunrise:</b> 6:33AM | Vasarasu 5:27                      |
|                                      |               | <b>Yama</b><br>1:38PM - 3:03PM  | <b>Sobhana Untill 3:04AM Sun</b>     | <b>Muruga:</b> White    | <b>Sunset:</b> 5:54PM  | Moon 1 - Phase 44 - 26             |
|                                      |               | <b>Rahu</b><br>9:23AM - 10:48AM   | <b>Kaulava Untill 8:29PM</b>         | <b>Nataraja:</b> Orange |                        | 4th Phase                          |
| Creative Work - Siddha Yoga          |               |   | <b>Dvadashi Untill 9:19AM</b>        | <b>Moon - Blue</b>      |                        | <b>Devaloka Day</b>                |
| Untill 9:07PM                        |               |   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Routine Work - Marana Yoga      |               |   | <b>Pradosha Vata</b>                 |                         |                        |                                    |
| <b>4 Sunday, March 1, 2026</b>       |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Bhanu Vasara Yuktayam<br>Ashlesha* Nakshatra Athiganda* Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Tilau  |                                      |                         |                        | Memphis, TN<br>Sun 27<br>Sutra 322 |
| Kalka Rasi: 21.46                    | Tithi 13 - 14 | <b>Gulika</b><br>3:04PM - 4:30PM  | <b>Ashlesha* Untill 8:13PM</b>       | <b>Ganesh:</b> White    | <b>Sunrise:</b> 6:30AM | Vasarasu 5:27                      |
|                                      |               | <b>Yama</b><br>12:13PM - 1:38PM   | <b>Athiganda* Untill 12:48AM Mon</b> | <b>Muruga:</b> White    | <b>Sunset:</b> 5:55PM  | Moon 1 - Phase 44 - 27             |
|                                      |               | <b>Rahu</b><br>4:30PM - 5:55PM  | <b>Gara Untill 7:03PM</b>            | <b>Nataraja:</b> Orange |                        | 4th Phase                          |
| Creative Work - Siddha Yoga          |               |   | <b>Trayodashi Untill 7:42AM</b>      | <b>Moon - Blue</b>      |                        | <b>Devaloka Day</b>                |
| Untill 8:13PM                        |               | <b>Chidambaram Abhishekam</b>   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Routine Work - Marana Yoga      |               |   |                                      |                         |                        |                                    |
| <b>Monday, March 2, 2026</b>         |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Sukla Paksha Indu Vasara Yuktayam<br>Magha* Nakshatra Sukarma Yoga Vanija/Bava Karana Chaturdashi/Purnimayam Tilau           |                                      |                         |                        | Memphis, TN<br>Sun 28<br>Sutra 323 |
| <b>Copper Retreat Star</b>           |               | <b>Gulika</b><br>1:39PM - 3:04PM  | <b>Magha* Untill 8:00PM</b>          | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 6:29AM | Vasarasu 5:27                      |
| Simha Rasi: 5.27                     | Tithi 14 - 15 | <b>Yama</b><br>10:47AM - 12:13PM  | <b>Sukarma Untill 10:52PM</b>        | <b>Muruga:</b> White    | <b>Sunset:</b> 5:56PM  | Moon 1 - Phase 44 -                |
| <b>Family Home Evening</b>           |               | <b>Rahu</b><br>7:55AM - 9:21AM  | <b>Bava Untill 5:37AM Tue</b>        | <b>Nataraja:</b> Orange |                        | Purnima                            |
| Routine Work - Marana Yoga           |               |   | <b>Chaturdashi* Untill 6:27AM</b>    | <b>Moon - Red</b>       |                        | <b>Sivaloka Day</b>                |
| Untill 8:00PM                        |               | <b>Holi</b>   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Creative Work - Siddha Yoga     |               |   |                                      |                         |                        |                                    |
| <b>Tuesday, March 3, 2026</b>        |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Mangala Vasara Yuktayam<br>Purvaphalguni Nakshatra Dhriti Yoga Balava/Kaulava Karana Prathamayam Tilau        |                                      |                         |                        | Memphis, TN<br>Sun 29<br>Sutra 324 |
| <b>Silver Retreat Star</b>           |               | <b>Gulika</b><br>12:12PM - 1:39PM   | <b>Purvaphalguni Untill 8:06PM</b>   | <b>Ganesh:</b> Clear    | <b>Sunrise:</b> 6:28AM | Vasarasu 5:27                      |
| Simha Rasi: 18.53                    | Tithi 16      | <b>Yama</b><br>9:20AM - 10:46AM   | <b>Dhriti Untill 9:20PM</b>          | <b>Muruga:</b> White    | <b>Sunset:</b> 5:57PM  | Moon 1 - Phase 44 -                |
|                                      |               | <b>Rahu</b><br>3:05PM - 4:31PM  | <b>Balava Untill 5:25PM</b>          | <b>Nataraja:</b> Orange |                        | Prathama                           |
| Creative Work - Siddha Yoga          |               |   | <b>Prathama* Untill 5:18AM Wed</b>   | <b>Moon - Red</b>       |                        | <b>Sivaloka Day</b>                |
| Untill 8:06PM                        |               |   |                                      | <b>Phalgun/Masi</b>     |                        |                                    |
| Then Creative Work - Amrita Yoga     |               |   |                                      |                         |                        |                                    |

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

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Wednesday, March 4, 2026  
Gold Retreat Star

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Budha Vasara Yuktayam  
Uтарaphаguni Nakshatra Shula\* Yoga Tailla/Gara Karana Dvilyayam Titau

Memphis, TN  
Sutra 325

|                   |               |                                 |                            |                  |                 |                     |                 |
|-------------------|---------------|---------------------------------|----------------------------|------------------|-----------------|---------------------|-----------------|
| Kanya Rasi: 2:02  | Tithi 17      | Gulika 10:46AM - 12:12PM        | Uтарaphаguni Untill 8:36PM | Ganesh: Clear    | Sunrise: 6:26AM |                     |                 |
|                   |               | Yama 7:53AM - 9:19AM            | Shula* Until 8:12PM        | Muruga: White    | Sunset: 5:58PM  | Moon 2 - Phase 45 - | Vasavaasu 5:127 |
|                   |               | 959648577 Rahu 12:12PM - 1:39PM | Tailla Until 5:23PM        | Nataraja: Orange |                 | 1st Phase           |                 |
| Creative Work     | Amrita Yoga   |                                 | Dvitiya Until 5:34AM Thu   | Moon - Red       |                 |                     | Sivaloka Day    |
| Until 8:36PM      |               |                                 |                            |                  |                 |                     |                 |
| Then Routine Work | - Marana Yoga |                                 |                            |                  |                 |                     |                 |

1 Thursday, March 5, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Guru Vasara Yuktayam  
Hasta Nakshatra Ganda\* Yoga Vanija/Visi\* Karana Trilyayam Titau

Memphis, TN  
Sutra 326

|                    |               |                                |                          |                  |                 |                     |                 |
|--------------------|---------------|--------------------------------|--------------------------|------------------|-----------------|---------------------|-----------------|
| Kanya Rasi: 14:55  | Tithi 18      | Gulika 9:19AM - 10:45AM        | Hasla Until 9:59PM       | Ganesh: White    | Sunrise: 6:25AM |                     |                 |
|                    |               | Yama 6:25AM - 7:52AM           | Ganda* Until 7:33PM      | Muruga: White    | Sunset: 5:59PM  | Moon 2 - Phase 45 - | Vasavaasu 5:127 |
|                    |               | 169648577 Rahu 1:39PM - 3:05PM | Vanija Until 5:56PM      | Nataraja: Orange |                 | 1st Phase           |                 |
| Routine Work       | Marana Yoga   |                                | Tritiya Until 6:25AM Fri | Moon - Green     |                 |                     | Devaloka Day    |
| Until 9:59PM       |               |                                |                          |                  |                 |                     |                 |
| Then Creative Work | - Siddha Yoga |                                |                          |                  |                 |                     |                 |

2 Friday, March 6, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Sukra Vasara Yuktayam  
Chitra Nakshatra Vidhih Yoga Visi\* Bava Karana Tritiya/Chaturtham Titau

Memphis, TN  
Sutra 327

|                  |               |                                  |                      |                  |                 |                     |                 |
|------------------|---------------|----------------------------------|----------------------|------------------|-----------------|---------------------|-----------------|
| Kanya Rasi: 27:3 | Tithi 18 - 19 | Gulika 7:51AM - 9:18AM           | Chitra Until 11:46PM | Ganesh: White    | Sunrise: 6:24AM |                     |                 |
|                  |               | Yama 3:06PM - 4:33PM             | Vidhih Until 7:22PM  | Muruga: White    | Sunset: 6:09PM  | Moon 2 - Phase 45 - | Vasavaasu 5:127 |
|                  |               | 169648577 Rahu 10:45AM - 12:12PM | Bava Until 7:05PM    | Nataraja: Orange |                 | 1st Phase           |                 |
| Creative Work    | Siddha Yoga   |                                  | Tritiya Until 6:25AM | Moon - Green     |                 |                     | Devaloka Day    |
|                  |               |                                  |                      |                  |                 |                     |                 |

3 Saturday, March 7, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Manta Vasara Yuktayam  
Svali Nakshatra Dhruva Yoga Balava/Kaulava Karana Chaturthi/Panchamam Titau

Memphis, TN  
Sutra 328

|                   |               |                                 |                         |                  |                 |                       |                           |
|-------------------|---------------|---------------------------------|-------------------------|------------------|-----------------|-----------------------|---------------------------|
| Tula Rasi: 9:5    | Tithi 19 - 20 | Gulika 6:22AM - 7:50AM          | Svali Until 1:52AM Sun  | Ganesh: Purple   | Sunrise: 6:22AM |                       |                           |
|                   |               | Yama 1:39PM - 3:06PM            | Dhruva Until 7:33PM     | Muruga: Clear    | Sunset: 6:09PM  | Moon 2 - Phase 45 - 3 | Vasavaasu 5:127           |
|                   |               | 161658577 Rahu 9:17AM - 10:44AM | Kaulava Until 8:45PM    | Nataraja: Orange |                 | 1st Phase             |                           |
| Creative Work     | Siddha Yoga   |                                 | Chaturthi* Until 7:50AM | Moon - Green     |                 |                       | Bhuloka Day               |
| Until 1:52AM Sun  |               |                                 |                         |                  |                 |                       | Devaloka Time: 3PM to 6PM |
| Then Routine Work | - Marana Yoga |                                 |                         |                  |                 |                       |                           |

4 Sunday, March 8, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Bhanu Vasara Yuktayam  
Vishakha Nakshatra Vyaghata\* Yoga Tailla/Gara Karana Panchami/Shashtham Titau

Memphis, TN  
Sutra 329

|                    |               |                                |                           |                  |                 |                       |                 |
|--------------------|---------------|--------------------------------|---------------------------|------------------|-----------------|-----------------------|-----------------|
| Tula Rasi: 21:59   | Tithi 20 - 21 | Gulika 3:06PM - 4:34PM         | Vishakha Until 4:41AM Mon | Ganesh: Clear    | Sunrise: 6:21AM |                       |                 |
|                    |               | Yama 12:11PM - 1:39PM          | Vyaghata* Until 8:04PM    | Muruga: Clear    | Sunset: 6:09PM  | Moon 2 - Phase 45 - 4 | Vasavaasu 5:127 |
|                    |               | 171658577 Rahu 4:34PM - 6:01PM | Gara Until 10:50PM        | Nataraja: Orange |                 | 1st Phase             |                 |
| Routine Work       | Marana Yoga   |                                | Panchami Until 9:44AM     | Moon - Orange    |                 |                       | Devaloka Day    |
| Until 4:41AM Mon   |               |                                |                           |                  |                 |                       |                 |
| Then Creative Work | - Siddha Yoga |                                |                           |                  |                 |                       |                 |

5 Monday, March 9, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Indu Vasara Yuktayam  
Anuradha Nakshatra Harshana Yoga Vanija/Visi\* Karana Shashthi/Saptamam Titau

Memphis, TN  
Sutra 330

|                      |               |                                |                           |                  |                 |                       |                 |
|----------------------|---------------|--------------------------------|---------------------------|------------------|-----------------|-----------------------|-----------------|
| Witschika Rasi: 3:59 | Tithi 21 - 22 | Gulika 1:39PM - 3:07PM         | Anuradha Until 7:32AM Tue | Ganesh: Clear    | Sunrise: 6:20AM |                       |                 |
|                      |               | Yama 10:43AM - 12:11PM         | Harshana Until 8:49PM     | Muruga: Clear    | Sunset: 6:07PM  | Moon 2 - Phase 45 - 5 | Vasavaasu 5:127 |
|                      |               | 171658577 Rahu 7:48AM - 9:15AM | Visi Until 1:11AM Tue     | Nataraja: Orange |                 | 1st Phase             |                 |
| Family Home Evening  |               |                                | Shashthi* Until 11:58AM   | Moon - Orange    |                 |                       | Devaloka Day    |
| Creative Work        | Siddha Yoga   |                                |                           |                  |                 |                       |                 |
| Until 7:32AM Tue     |               |                                |                           |                  |                 |                       |                 |
| Then Routine Work    | - Marana Yoga |                                |                           |                  |                 |                       |                 |

Retreat Star Tuesday, March 10, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Mangalya Vasara Yuktayam  
Anuradha Nakshatra Harshana Vajra\* Yoga Bava/Balava Karana Saptami/Ashlami Titau

Memphis, TN  
Sutra 331

|                       |               |                                |                         |                      |                 |                       |                           |
|-----------------------|---------------|--------------------------------|-------------------------|----------------------|-----------------|-----------------------|---------------------------|
| Witschika Rasi: 15:53 | Tithi 22 - 23 | Gulika 12:11PM - 1:39PM        | Anuradha Until 7:32AM   | Ganesh: Clear        | Sunrise: 6:18AM |                       |                           |
|                       |               | Yama 9:15AM - 10:43AM          | Vajra* Until 9:37PM     | Muruga: White        | Sunset: 6:03PM  | Moon 2 - Phase 45 - 6 | Vasavaasu 5:127           |
|                       |               | 171658677 Rahu 3:07PM - 4:35PM | Balava Until 3:37AM Wed | Nataraja: Light Blue |                 | Ashtami               |                           |
| Creative Work         | Siddha Yoga   |                                | Saptami Until 2:23PM    | Moon - Orange        |                 |                       | Bhuloka Day               |
| Until 7:32AM          |               |                                |                         |                      |                 |                       | Devaloka Time: 6AM to 9AM |
| Then Routine Work     | - Marana Yoga |                                |                         |                      |                 |                       |                           |

Retreat Star Wednesday, March 11, 2026

Vivavasu Nama Samvatara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Budha Vasara Yuktayam  
Jyeshtha/Mula\* Nakshatra Siddhih Yoga Kaulava/Tailla Karana Ashtami/Navamam Titau

Memphis, TN  
Sutra 332

|                       |               |                                 |                         |                      |                 |                       |                           |
|-----------------------|---------------|---------------------------------|-------------------------|----------------------|-----------------|-----------------------|---------------------------|
| Witschika Rasi: 27:47 | Tithi 23 - 24 | Gulika 10:42AM - 12:10PM        | Jyeshtha* Until 10:15AM | Ganesh: Clear        | Sunrise: 6:17AM |                       |                           |
|                       |               | Yama 7:45AM - 9:14AM            | Siddhi Until 10:22PM    | Muruga: White        | Sunset: 6:04PM  | Moon 2 - Phase 45 - 7 | Vasavaasu 5:127           |
|                       |               | 171658677 Rahu 12:10PM - 1:39PM | Tailla Until 5:55AM Thu | Nataraja: Light Blue |                 | Navami                |                           |
| Creative Work         | Siddha Yoga   |                                 | Ashtami* Until 4:46PM   | Moon - Orange        |                 |                       | Bhuloka Day               |
| Until 10:15AM         |               |                                 |                         |                      |                 |                       | Devaloka Time: 6AM to 9AM |
| Then Routine Work     | - Marana Yoga |                                 |                         |                      |                 |                       |                           |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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|                   |  |                                       |  |                             |                        |                        |
|-------------------|--|---------------------------------------|--|-----------------------------|------------------------|------------------------|
| <b>1</b>          | <b>Thursday, March 12, 2026</b>  |                                       | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Guru Vasara Yuktiyayam Memphis, TN  |                             |                        |                        |
|                   | Mula*Purvashadha* Nakshatra Vyalipata* Yoga Gara Karana Navamiyayam Tila Sun 8 Sutra 333 |                                       | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Guru Vasara Yuktiyayam Memphis, TN |                             |                        |                        |
| Dhanus Rasi: 9.45 | Tithi 24   | <b>Gulika</b> 9:13AM - 10:42AM        | <b>Mula* Until 1:08PM</b>  | <b>Ganesha:</b> White       | <b>Sunrise:</b> 6:16AM | Vivasasu 5:17          |
|                   |  | Yama 6:16AM - 7:44AM                  | Vyalipata* Until 10:56PM   | <b>Muruga:</b> White        | <b>Sunset:</b> 6:05PM  | Moon 2 - Phase 46 - 12 |
| Creative Work     | Siddha Yoga  | 181658677 <b>Rahu</b> 1:39PM - 3:08PM | Gara Until 6:56PM  | <b>Nataraja:</b> Light Blue |                        | 2nd Phase              |
|                   |  |                                       | <b>Navami* Until 6:56PM</b>  | <b>Moon - Light Blue</b>    |                        | <b>Bhuloka Day</b>     |
|                   |  |                                       |  | <b>PhalgunPanguni</b>       |                        |                        |

|                   |  |   |   |                             |                        |                       |
|-------------------|--|---|---|-----------------------------|------------------------|-----------------------|
| <b>2</b>          | <b>Friday, March 13, 2026</b>  |   | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Purnima Sukla Vasara Yuktiyayam Memphis, TN  |                             |                        |                       |
|                   | Purvashadha*Uttarashadha Nakshatra Varjaya Yoga Vanija/Visli* Karana Dashaha Sun 9 Sutra 334 |   | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Kumbha Mase Krishna Paksha Purnima Sukla Vasara Yuktiyayam Memphis, TN |                             |                        |                       |
| Dhanus Rasi: 21.5 | Tithi 25   | <b>Gulika</b> 7:43AM - 9:12AM           | <b>Purvashadha* Until 3:29PM</b>  | <b>Ganesha:</b> White       | <b>Sunrise:</b> 6:14AM | Vivasasu 5:17         |
|                   |  | Yama 3:08PM - 4:37PM                    | Varjaya Until 11:08PM   | <b>Muruga:</b> White        | <b>Sunset:</b> 6:06PM  | Moon 2 - Phase 46 - 9 |
| Routine Work      | Prabalarishita Yoga  | 181658677 <b>Rahu</b> 10:41AM - 12:10PM | Vanija Until 7:53AM   | <b>Nataraja:</b> Light Blue |                        | 2nd Phase             |
| Then Routine Work | Marana Yoga  |   | <b>Dashami Until 8:39PM</b>   | <b>Moon - Light Blue</b>    |                        | <b>Bhuloka Day</b>    |
|                   |  |   |   | <b>PhalgunPanguni</b>       |                        |                       |

|                    |  |  |  |                             |                        |                        |
|--------------------|--|--|--|-----------------------------|------------------------|------------------------|
| <b>3</b>           | <b>Saturday, March 14, 2026</b>  |  | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Maria Vasara Yuktiyayam Memphis, TN  |                             |                        |                        |
|                    | Uttarashadha*Uttarashadha Nakshatra Parigha* Yoga Bava/Balava Karana Ekadashiyam Tila Sun 10 Sutra 335 |  | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Maria Vasara Yuktiyayam Memphis, TN |                             |                        |                        |
| Makara Rasi: 4.07  | Tithi 26   | <b>Gulika</b> 6:13AM - 7:42AM          | <b>Uttarashadha Until 5:08PM</b>   | <b>Ganesha:</b> White       | <b>Sunrise:</b> 6:13AM | Vivasasu 5:17          |
|                    |  | Yama 1:39PM - 3:08PM                   | Parigha* Until 10:53PM   | <b>Muruga:</b> White        | <b>Sunset:</b> 6:07PM  | Moon 2 - Phase 46 - 10 |
| Routine Work       | Marana Yoga  | 181658677 <b>Rahu</b> 9:11AM - 10:40AM | Bava Until 9:19AM  | <b>Nataraja:</b> Light Blue |                        | 2nd Phase              |
| Then Creative Work | Siddha Yoga  |  | <b>Ekadashi* Until 9:47PM</b>  | <b>Moon - Light Blue</b>    |                        | <b>Bhuloka Day</b>     |
|                    |  | Karadayana Nombu (Tamil Nadu)          |  | <b>PhalgunPanguni</b>       |                        |                        |

|                    |  |                                       |  |                         |                        |                           |
|--------------------|--|---------------------------------------|--|-------------------------|------------------------|---------------------------|
| <b>4</b>           | <b>Sunday, March 15, 2026</b>  |                                       | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Bharu Vasara Yuktiyayam Memphis, TN  |                         |                        |                           |
|                    | Shravana Nakshatra Shiva Yoga Kalava/Tallia Karana Dvadashiyam Tila Sun 11 Sutra 336 |                                       | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Bharu Vasara Yuktiyayam Memphis, TN |                         |                        |                           |
| Makara Rasi: 16.41 | Tithi 27   | <b>Gulika</b> 3:08PM - 4:38PM         | <b>Shravana Until 6:27PM</b>   | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 6:17AM | Vivasasu 5:17             |
|                    |  | Yama 12:09PM - 1:39PM                 | Shiva Until 10:07PM  | <b>Muruga:</b> White    | <b>Sunset:</b> 6:07PM  | Moon 2 - Phase 46 - 11    |
| Creative Work      | Amrita Yoga  | 191658678 <b>Rahu</b> 4:38PM - 6:07PM | Kalava Until 10:07AM   | <b>Nataraja:</b> Purple |                        | 2nd Phase                 |
| Then Routine Work  | Marana Yoga  |                                       | <b>Dvadashi* Until 10:14PM</b>   | <b>Moon - Purple</b>    |                        | <b>Bhuloka Day</b>        |
|                    |  |                                       |  | <b>PhalgunPanguni</b>   |                        | Devaloka Time: 6AM to 9AM |

|                     |  |                                       |   |                         |                        |                           |
|---------------------|--|---------------------------------------|---|-------------------------|------------------------|---------------------------|
| <b>5</b>            | <b>Monday, March 16, 2026</b>  |                                       | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Indu Vasara Yuktiyayam Memphis, TN  |                         |                        |                           |
|                     | Dhanishtha Nakshatra Siddha Yoga Gara/Vanija Karana Trayodshiyam Tila Sun 12 Sutra 337 |                                       | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Indu Vasara Yuktiyayam Memphis, TN |                         |                        |                           |
| Makara Rasi: 29.35  | Tithi 28   | <b>Gulika</b> 1:39PM - 3:09PM         | <b>Dhanishtha Until 6:54PM</b>  | <b>Ganesha:</b> Yellow  | <b>Sunrise:</b> 6:10AM | Vivasasu 5:17             |
| Family Home Evening |  | Yama 10:39AM - 12:09PM                | Siddha Until 8:45PM   | <b>Muruga:</b> White    | <b>Sunset:</b> 6:08PM  | Moon 2 - Phase 46 - 12    |
| Creative Work       | Siddha Yoga  | 191658678 <b>Rahu</b> 7:40AM - 9:10AM | Gara Until 10:12AM  | <b>Nataraja:</b> Purple |                        | 2nd Phase                 |
|                     |  |                                       | <b>Trayodashi* Until 9:57PM</b>   | <b>Moon - Purple</b>    |                        | <b>Bhuloka Day</b>        |
|                     |  |                                       |   | <b>PhalgunPanguni</b>   |                        | Devaloka Time: 6AM to 9AM |

|                   |   |                                       |  |                         |                        |                        |
|-------------------|---|---------------------------------------|--|-------------------------|------------------------|------------------------|
| <b>6</b>          | <b>Tuesday, March 17, 2026</b>  |                                       | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Mangala Vasara Yuktiyayam Memphis, TN  |                         |                        |                        |
|                   | Shalabhisak Nakshatra Sadhya Yoga Visti/Sakuni* Karana Chaturdashiyam Tila Sun 13 Sutra 338 |                                       | Vivasasu Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Mangala Vasara Yuktiyayam Memphis, TN |                         |                        |                        |
| Kumbha Rasi: 12.5 | Tithi 29  | <b>Gulika</b> 12:09PM - 1:39PM        | <b>Shalabhisak Until 6:31PM</b>  | <b>Ganesha:</b> Blue    | <b>Sunrise:</b> 6:09AM | Vivasasu 5:17          |
|                   |   | Yama 9:09AM - 10:39AM                 | Sadya Until 6:52PM   | <b>Muruga:</b> White    | <b>Sunset:</b> 6:10PM  | Moon 2 - Phase 46 - 13 |
| Routine Work      | Marana Yoga   | 192658678 <b>Rahu</b> 3:09PM - 4:39PM | Visti Until 9:33AM   | <b>Nataraja:</b> Purple |                        | 2nd Phase              |
|                   |   |                                       | <b>Chaturdashi* Until 8:58PM</b>   | <b>Moon - Purple</b>    |                        | <b>Devaloka Day</b>    |
|                   |   |                                       |  | <b>PhalgunPanguni</b>   |                        |                        |

|                    |                                  |  |  |                         |                        |                            |
|--------------------|----------------------------------|--|--|-------------------------|------------------------|----------------------------|
| <b>●</b>           | <b>Wednesday, March 18, 2026</b> |  | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Krishna Paksha Bahua Vasara Yuktiyayam Memphis, TN              |                         |                        |                            |
|                    | Retreat Star                     |  | Uttarproshthapada*Uttarproshthapada Nakshatra Subha/Sukla Yoga Caluspada*Naaga* Karana Amavasyayam Tila Sun 14 Sutra 339 |                         |                        |                            |
| Kumbha Rasi: 26.28 | Tithi 30                         | <b>Gulika</b> 10:38AM - 12:09PM        | <b>Purvaproshthapada* Until 5:51PM</b>   | <b>Ganesha:</b> Red     | <b>Sunrise:</b> 6:07AM | Vivasasu 5:17              |
|                    |                                  | Yama 7:38AM - 9:08AM                   | Subha Until 4:31PM   | <b>Muruga:</b> White    | <b>Sunset:</b> 6:10PM  | Moon 2 - Phase 46 - 14     |
| Creative Work      | Amrita Yoga                      | 112658678 <b>Rahu</b> 12:09PM - 1:39PM | Caluspada Until 8:17AM   | <b>Nataraja:</b> Purple |                        | Amavasya                   |
| Then Creative Work | Siddha Yoga                      |  | <b>Amavasya* Until 7:24PM</b>  | <b>Moon - Clear</b>     |                        | <b>Bhuloka Day</b>         |
|                    |                                  |  |  | <b>PhalgunPanguni</b>   |                        | Devaloka Time: 9AM to 12PM |

|                   |                                 |                                       |   |                         |                        |                            |
|-------------------|---------------------------------|---------------------------------------|---|-------------------------|------------------------|----------------------------|
| <b>●</b>          | <b>Thursday, March 19, 2026</b> |                                       | Viswasa Nama Samvatsara Uтарыяне Moksha Ritau Meena Mese Sukla Paksha Guru Vasara Yuktiyayam Memphis, TN            |                         |                        |                            |
|                   | Retreat Star                    |                                       | Uttarproshthapada*Revali Nakshatra Sukla/Bahma Yoga Kintughna*Balava Karana Prathama/Vibhuyam Tila Sun 15 Sutra 340 |                         |                        |                            |
| Meena Rasi: 10.26 | Tithi 1 - 2                     | <b>Gulika</b> 9:07AM - 10:38AM        | <b>Uttarproshthapada Until 4:33PM</b>   | <b>Ganesha:</b> Red     | <b>Sunrise:</b> 6:06AM | Vivasasu 5:17              |
|                   |                                 | Yama 6:06AM - 7:36AM                  | Sukla Until 1:44PM  | <b>Muruga:</b> White    | <b>Sunset:</b> 6:11PM  | Moon 2 - Phase 46 - 15     |
| Creative Work     | Siddha Yoga                     | 112658678 <b>Rahu</b> 1:39PM - 3:09PM | Kintughna Until 6:27AM  | <b>Nataraja:</b> Purple |                        | Prathama                   |
|                   |                                 |                                       | <b>Prathama* Until 5:22PM</b>   | <b>Moon - Clear</b>     |                        | <b>Bhuloka Day</b>         |
|                   |                                 | Yugadi                                |   | <b>ChaitraPanguni</b>   |                        | Devaloka Time: 9AM to 12PM |

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 Memphis, TN on 2/11/24

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| 1 Friday, March 20, 2026         |              | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Sukra Vasara Yuktayam<br>Revati/Ashvini Nakshatra Brahma/Indra Yoga Kaulava/Taila Karana Dvitiya/Tritiyayam Tilau |                             |                         |                 | Memphis, TN<br>Sun 16        | Sutra 341     |
|----------------------------------|--------------|--|-----------------------------|-------------------------|-----------------|------------------------------|---------------|
| Mesha Rasi: 24.4                 | Tilthi 2 - 3 | <b>Gulika</b><br>7:35AM - 9:06AM   | <b>Revati Until</b> 2:46PM  | <b>Ganesh:</b> Red      | Sunrise: 6:04AM |                              | Vasavasu 5127 |
|                                  |              | Yama<br>3:10PM - 4:41PM  | Brahma Until 10:41AM        | <b>Muruga:</b> White    | Sunset: 6:17PM  | Moon 2 - Phase 47 - 16       | 3rd Phase     |
| Creative Work                    | Siddha Yoga  | 112658678 <b>Rahu</b><br>10:37AM - 12:08PM   | Tailita Until 1:44AM Sat    | <b>Nataraja:</b> Purple |                 |                              |               |
| Until 2:46PM                     |              | <b>Chellappaswami Mahasamadi</b>   | <b>Dvitiya Until</b> 2:59PM | Moon - Clear            |                 | <b>Bhuloka Day</b>           |               |
| Then Creative Work - Amrita Yoga |              |  |                             | Chaitra-Panguni         |                 | Devaloka Time: 9AM to 12:2PM |               |

| 2 Saturday, March 21, 2026 |              | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Manu Vasara Yuktayam<br>Ashvini/Bharani Nakshatra Indra/Vadhlithi Yoga Gara/Vanija Karana Tritiya/Chaturthiyam Tilau |                              |                         |                 | Memphis, TN<br>Sun 17        | Sutra 342     |
|----------------------------|--------------|---|------------------------------|-------------------------|-----------------|------------------------------|---------------|
| Mesha Rasi: 9.04           | Tilthi 3 - 4 | <b>Gulika</b><br>6:03AM - 7:34AM  | <b>Ashvini Until</b> 1:04PM  | <b>Ganesh:</b> Yellow   | Sunrise: 6:03AM |                              | Vasavasu 5127 |
|                            |              | Yama<br>1:39PM - 3:10PM   | Indra Until 7:27AM           | <b>Muruga:</b> White    | Sunset: 6:16PM  | Moon 2 - Phase 47 - 17       | 3rd Phase     |
| Creative Work              | Siddha Yoga  | 122658678 <b>Rahu</b><br>9:05AM - 10:37AM   | Vanija Until 11:06PM         | <b>Nataraja:</b> Purple |                 |                              |               |
|                            |              |   | <b>Tritiya Until</b> 12:24PM | Moon - White            |                 | <b>Bhuloka Day</b>           |               |
|                            |              |   |                              | Chaitra-Panguni         |                 | Devaloka Time: 9AM to 12:2PM |               |

| 3 Sunday, March 22, 2026         |                   | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Bhanu Vasara Yuktayam<br>Bharani/Krittika Nakshatra Vishkambha Yoga Visi/Bava Karana Chaturthi/Panchamiyam Tilau |                               |                         |                 | Memphis, TN<br>Sun 18  | Sutra 343     |
|----------------------------------|-------------------|---|-------------------------------|-------------------------|-----------------|------------------------|---------------|
| Mesha Rasi: 23.32                | Tilthi 4 - 5      | <b>Gulika</b><br>3:10PM - 4:42PM  | <b>Bharani Until</b> 11:09AM  | <b>Ganesh:</b> Blue     | Sunrise: 6:03AM |                        | Vasavasu 5127 |
|                                  |                   | Yama<br>12:07PM - 1:39PM  | Vishkambha Until 12:49AM Mon  | <b>Muruga:</b> White    | Sunset: 6:16PM  | Moon 2 - Phase 47 - 18 | 3rd Phase     |
| Routine Work                     | Prabalarista Yoga | 122758678 <b>Rahu</b><br>4:42PM - 6:13PM  | Bava Until 8:27PM             | <b>Nataraja:</b> Purple |                 |                        |               |
| Until 11:09AM                    |                   |   | <b>Chaturthi Until</b> 9:45AM | Moon - White            |                 | <b>Bhuloka Day</b>     |               |
| Then Creative Work - Siddha Yoga |                   |   |                               | Chaitra-Panguni         |                 |                        |               |

| 4 Monday, March 23, 2026         |              | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Indu Vasara Yuktayam<br>Krittika/Rohini Nakshatra Priti Yoga Balava/Taila Karana Panchami/Shashthiyam Tilau |                              |                         |                 | Memphis, TN<br>Sun 19  | Sutra 344     |
|----------------------------------|--------------|--|------------------------------|-------------------------|-----------------|------------------------|---------------|
| Wisshabha Rasi: 8.01             | Tilthi 5 - 6 | <b>Gulika</b><br>1:39PM - 3:10PM   | <b>Krittika Until</b> 9:09AM | <b>Ganesh:</b> Blue     | Sunrise: 6:00AM |                        | Vasavasu 5127 |
| <b>Family Home Evening</b>       |              | Yama<br>10:35AM - 12:07PM  | Priti Until 9:36PM           | <b>Muruga:</b> White    | Sunset: 6:16PM  | Moon 2 - Phase 47 - 19 | 3rd Phase     |
| Routine Work                     | Marana Yoga  | 122758678 <b>Rahu</b><br>7:32AM - 9:04AM   | Tailita Until 4:39AM Tue     | <b>Nataraja:</b> Purple |                 |                        |               |
| Until 9:09AM                     |              |  | <b>Panchami Until</b> 7:08AM | Moon - White            |                 | <b>Bhuloka Day</b>     |               |
| Then Creative Work - Amrita Yoga |              |  |                              | Chaitra-Panguni         |                 |                        |               |

| 5 Tuesday, March 24, 2026        |             | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Mangala Vasara Yuktayam<br>Rohini/Mrigashira Nakshatra Ayushman Yoga Gara/Vanija Karana Sapthamiyam Tilau |                                 |                         |                 | Memphis, TN<br>Sun 20     | Sutra 345     |
|----------------------------------|-------------|--|---------------------------------|-------------------------|-----------------|---------------------------|---------------|
| Wisshabha Rasi: 22.23            | Tilthi 7    | <b>Gulika</b><br>12:07PM - 1:39PM  | <b>Rohini Until</b> 7:35AM      | <b>Ganesh:</b> Yellow   | Sunrise: 5:59AM |                           | Vasavasu 5127 |
|                                  |             | Yama<br>9:03AM - 10:35AM   | Ayushman Until 6:32PM           | <b>Muruga:</b> White    | Sunset: 6:15PM  | Moon 2 - Phase 47 - 20    | 3rd Phase     |
| Creative Work                    | Amrita Yoga | 132758678 <b>Rahu</b><br>3:11PM - 4:43PM   | Gara Until 3:31PM               | <b>Nataraja:</b> Purple |                 |                           |               |
| Until 7:35AM                     |             |  | <b>Saptami Until</b> 2:23AM Wed | Moon - Yellow           |                 | <b>Bhuloka Day</b>        |               |
| Then Creative Work - Siddha Yoga |             |  |                                 | Chaitra-Panguni         |                 | Devaloka Time: 6AM to 9AM |               |

| Wednesday, March 25, 2026 |             | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Budha Vasara Yuktayam<br>Migashira/Andra Nakshatra Sauthagya/Sobhana Yoga Visi/Bava Karana Ashtamiyam Tilau |                                  |                         |                 | Memphis, TN<br>Sun 21     | Sutra 346     |
|---------------------------|-------------|--|----------------------------------|-------------------------|-----------------|---------------------------|---------------|
| <b>Retreat Star</b>       |             | <b>Gulika</b><br>10:34AM - 12:06PM   | <b>Mrigashira Until</b> 6:05AM   | <b>Ganesh:</b> Yellow   | Sunrise: 5:57AM |                           | Vasavasu 5127 |
| Mithuna Rasi: 7           | Tilthi 8    | Yama<br>7:30AM - 9:02AM  | Sauthagya Until 3:41PM           | <b>Muruga:</b> White    | Sunset: 6:16PM  | Moon 2 - Phase 47 - 21    | Ashtami       |
| Creative Work             | Siddha Yoga | 132758678 <b>Rahu</b><br>12:06PM - 1:39PM  | Visi Until 1:23PM                | <b>Nataraja:</b> Purple |                 |                           |               |
|                           |             |  | <b>Ashlami Until</b> 12:24AM Thu | Moon - Yellow           |                 | <b>Bhuloka Day</b>        |               |
|                           |             |  |                                  | Chaitra-Panguni         |                 | Devaloka Time: 6AM to 9AM |               |

| Thursday, March 26, 2026        |             | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Sukia Pakche Guru Vasara Yuktayam<br>Punarvasu Nakshatra Sobhana/Ahiganda Yoga Balava/Kaulava Karana Navamiyam Tilau |                                   |                         |                 | Memphis, TN<br>Sun 22  | Sutra 347     |
|---------------------------------|-------------|--|-----------------------------------|-------------------------|-----------------|------------------------|---------------|
| <b>Retreat Star</b>             |             | <b>Gulika</b><br>9:01AM - 10:34AM  | <b>Punarvasu Until</b> 3:58AM Fri | <b>Ganesh:</b> White    | Sunrise: 5:56AM |                        | Vasavasu 5127 |
| Mithuna Rasi: 20.38             | Tilthi 9    | Yama<br>5:56AM - 7:29AM  | Sobhana Until 1:05PM              | <b>Muruga:</b> White    | Sunset: 6:16PM  | Moon 2 - Phase 47 - 22 | Navami        |
| Creative Work                   | Amrita Yoga | 142758678 <b>Rahu</b><br>1:39PM - 3:11PM   | Balava Until 11:32AM              | <b>Nataraja:</b> Purple |                 |                        |               |
| Until 3:58AM Fri                |             |  | <b>Navami Until</b> 10:43PM       | Moon - Blue             |                 | <b>Bhuloka Day</b>     |               |
| Then Routine Work - Marana Yoga |             | Sri Rama Navami  |                                   | Chaitra-Panguni         |                 |                        |               |

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

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|                                 |          |  |  |   |   |                                     |
|---------------------------------|----------|--|--|---|---|-------------------------------------|
| <b>1 Friday, March 27, 2026</b> |          | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Sukra Vasara Yuktayam<br>Pushya Nakshatra Athiganda/Sukarma Yoga Taillala/Gara Karana Dashamyanam Titau |  |   |   | Memphis, TN<br>Sutra 348            |
| Kataka Rasi: 4.29               | Tithi 10 | <b>Gulika</b><br>7:27AM - 9:00AM<br>Yama<br>3:11PM - 4:44PM<br>Rahu<br>10:33AM - 12:06PM   | <b>Pushya Until 3:24AM Sat</b><br>Athiganda* Until 10:43AM<br>Taillala Until 10:01AM<br>Dashami Until 9:22PM | <b>Ganesha:</b> White<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Blue | <b>Sunrise:</b> 5:55AM<br><b>Sunset:</b> 6:17PM | Moon 2 - Phase 4B - 24<br>4th Phase |
| Routine Work - Marana Yoga      |          | <b>Chaitra-Panguni</b>   |  |   |   | <b>Bhuloka Day</b>                  |

|                                   |          |  |   |   |   |                                     |
|-----------------------------------|----------|--|---|---|---|-------------------------------------|
| <b>2 Saturday, March 28, 2026</b> |          | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Mania Vasara Yuktayam<br>Ashlesha* Nakshatra Sukarma/Dhriii* Yoga Vanja/Visi* Karana Ekadashyam Titau |   |   |   | Memphis, TN<br>Sutra 349            |
| Kataka Rasi: 18.07                | Tithi 11 | <b>Gulika</b><br>5:53AM - 7:26AM<br>Yama<br>1:39PM - 3:12PM<br>Rahu<br>8:59AM - 10:32AM  | <b>Ashlesha* Until 3:01AM Sun</b><br>Sukarma Until 8:38AM<br>Vanija Until 8:50AM<br>Ekadashi Until 8:21PM | <b>Ganesha:</b> White<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Blue | <b>Sunrise:</b> 5:53AM<br><b>Sunset:</b> 6:18PM | Moon 2 - Phase 4B - 24<br>4th Phase |
| Routine Work - Marana Yoga        |          | <b>Chaitra-Panguni</b>   |   |   |   | <b>Bhuloka Day</b>                  |

|  |          |   |   |  |   |   |
|--|----------|---|---|--|---|---|
| <b>3 Sunday, March 29, 2026</b>  |          | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Bhanu Vasara Yuktayam<br>Magha* Nakshatra Dhriii/Shula* Yoga Bava/Balava Karana Dvadashyam Titau |   |  |   | Memphis, TN<br>Sutra 350                        |
| Simha Rasi: 1.34   | Tithi 12 | <b>Gulika</b><br>3:12PM - 4:45PM<br>Yama<br>12:05PM - 1:39PM<br>Rahu<br>4:45PM - 6:19PM   | <b>Magha* Until 3:19AM Mon</b><br>Dhriii Until 6:51AM<br>Bava Until 8:01AM<br>Dvadashi Until 7:43PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Red | <b>Sunrise:</b> 5:52AM<br><b>Sunset:</b> 6:19PM | Moon 2 - Phase 4B - 25<br>4th Phase             |
| Routine Work - Marana Yoga<br>Until 3:19AM Mon<br>Then Creative Work - Siddha Yoga |          | <b>Chaitra-Panguni</b>  |   |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 6AM to 9AM |

|  |          |   |   |  |   |   |
|--|----------|---|---|--|---|---|
| <b>4 Monday, March 30, 2026</b>  |          | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Indu Vasara Yuktayam<br>Purvaphalguni Nakshatra Ganda* Yoga Kaulava/Taillala Karana Trayodashyam Titau |   |  |   | Memphis, TN<br>Sutra 351                        |
| Simha Rasi: 14.47  | Tithi 13 | <b>Gulika</b><br>1:39PM - 3:12PM<br>Yama<br>10:31AM - 12:05PM<br>Rahu<br>7:24AM - 8:58AM  | <b>Purvaphalguni Until 3:51AM Tue</b><br>Ganda* Until 4:10AM Tue<br>Kaulava Until 7:34AM<br>Trayodashi Until 7:28PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Red | <b>Sunrise:</b> 5:50AM<br><b>Sunset:</b> 6:20PM | Moon 2 - Phase 4B - 26<br>4th Phase             |
| Routine Work - Marana Yoga<br>Until 3:51AM Tue<br>Then Creative Work - Amrita Yoga |          | <b>Chaitra-Panguni</b>  |   |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 6AM to 9AM |

|  |          |   |   |   |   |                                     |
|--|----------|---|---|---|---|-------------------------------------|
| <b>5 Tuesday, March 31, 2026</b>   |          | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Mangala Vasara Yuktayam<br>Uttaraphalguni Nakshatra Viddhi* Yoga Gara/Vanja Karana Chaturdashyam Titau |   |   |   | Memphis, TN<br>Sutra 352            |
| Simha Rasi: 27.49  | Tithi 14 | <b>Gulika</b><br>12:05PM - 1:39PM<br>Yama<br>8:57AM - 10:31AM<br>Rahu<br>3:12PM - 4:46PM  | <b>Uttaraphalguni Until 4:38AM Wed</b><br>Viddhi Until 3:20AM Wed<br>Gara Until 7:31AM<br>Chaturdashi* Until 7:38PM | <b>Ganesha:</b> Purple<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Red | <b>Sunrise:</b> 5:49AM<br><b>Sunset:</b> 6:20PM | Moon 2 - Phase 4B - 27<br>4th Phase |
| Creative Work - Amrita Yoga<br>Until 4:38AM Wed<br>Then Routine Work - Marana Yoga |          | <b>Chaitra-Panguni</b>  |   |   |   | <b>Devaloka Day</b>                 |

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|--|--|--|--|--|---|--|
| <b>Wednesday, April 1, 2026</b>  |  | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Sukla Pakche Budha Vasara Yuktayam<br>Hasta Nakshatra Dhruva Yoga Visi*/Bava Karana Purnimayam Titau |  |  |   | Memphis, TN<br>Sutra 353                           |
| <b>Copper Retreat Star</b>   |  | <b>Gulika</b><br>10:31AM - 12:05PM<br>Yama<br>7:23AM - 8:57AM<br>Rahu<br>12:05PM - 1:39PM  | <b>Hasta Until 6:09AM Thu</b><br>Dhruva Until 2:48AM Thu<br>Visi Until 7:54AM<br>Purnima* Until 8:13PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Green | <b>Sunrise:</b> 5:49AM<br><b>Sunset:</b> 6:20PM | Moon 2 - Phase 4B - Purnima                        |
| Routine Work - Marana Yoga<br>Until 6:09AM Thu<br>Then Creative Work - Siddha Yoga |  | <b>Chaitra-Panguni</b>   |  |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 12:2PM |

|  |  |  |  |  |   |  |
|--|--|--|--|--|---|--|
| <b>Thursday, April 2, 2026</b>   |  | Viswasa Nama Samvatsare Uтарыне Mкша Ritau Meena Mase Krishna Pakche Guru Vasara Yuktayam<br>Hasta/Chitra Nakshatra Vyaghata* Yoga Balava/Kaulava Karana Prathamayam Titau |  |  |   | Memphis, TN<br>Sutra 354                           |
| <b>Silver Retreat Star</b>   |  | <b>Gulika</b><br>8:56AM - 10:30AM<br>Yama<br>5:48AM - 7:22AM<br>Rahu<br>1:39PM - 3:13PM  | <b>Hasta Until 6:09AM</b><br>Vyaghata* Until 2:38AM Fri<br>Balava Until 8:42AM<br>Prathama* Until 9:15PM | <b>Ganesha:</b> Clear<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon - Green | <b>Sunrise:</b> 5:48AM<br><b>Sunset:</b> 6:21PM | Moon 2 - Phase 4B - Prathama                       |
| Routine Work - Marana Yoga<br>Until 6:09AM<br>Then Creative Work - Siddha Yoga |  | <b>Chaitra-Panguni</b>   |  |  |   | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 12:2PM |

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

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Friday, April 3, 2026

Gold Retreat Star

Tula Rasi: 5.4 Tithi 17  
Creative Work Siddha Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Sakra Vasara Yuktayam  
Chitra/Svali Nakshatra Harshana Yoga Tailla/Gara Karana Dvityayam Titau  
Gulika 7:21AM - 8:55AM  
Yama 3:13PM - 4:47PM  
Rahu 10:30AM - 12:04PM

Chitra Until 7:55AM  
Harshana Until 2:47AM Sat  
Tailla Until 9:57AM  
Dvitiya Until 10:42PM

Ganesh: Clear  
Muruga: White  
Nataraja: Purple  
Moon - Green

Sunrise: 5:46AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 1  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

1

Saturday, April 4, 2026

Tula Rasi: 17.55 Tithi 18  
Creative Work Siddha Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Marita Vasara Yuktayam  
Svali/Vishakha Nakshatra Vajra\* Yoga Vanija/Visti\* Karana Trityayam Titau  
Gulika 5:45AM - 7:20AM  
Yama 1:38PM - 3:13PM  
Rahu 8:54AM - 10:29AM

Svali Until 9:56AM  
Vajra\* Until 3:12AM Sun  
Vanija Until 11:36AM  
Tritya Until 12:32AM Sun

Ganesh: Clear  
Muruga: White  
Nataraja: Purple  
Moon - Green

Sunrise: 5:45AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 2  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

2

Sunday, April 5, 2026

Wishika Rasi: 0.01 Tithi 19  
Routine Work Marana Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Bharu Vasara Yuktayam  
Vishakha/Anuradha Nakshatra Siddhi Yoga Bava/Balava Karana Chaturthayam Titau  
Gulika 3:13PM - 4:48PM  
Yama 12:03PM - 1:38PM  
Rahu 4:48PM - 6:23PM

Vishakha Until 12:37PM  
Siddhi Until 3:52AM Mon  
Bava Until 1:36PM  
Chaturthi\* Until 2:41AM Mon

Ganesh: White  
Muruga: White  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:43AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 3  
1st Phase

**Devaloka Day**

3

Monday, April 6, 2026

Wishika Rasi: 11.59 Tithi 20  
Family Home Evening  
Creative Work Siddha Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Indu Vasara Yuktayam  
Anuradha/Jyeshtha\* Nakshatra Vyalipala\* Yoga Kaulava/Tailla Karana Panchmayam Titau  
Gulika 1:38PM - 3:14PM  
Yama 10:28AM - 12:03PM  
Rahu 7:17AM - 8:53AM

Anuradha Until 3:24PM  
Vyalipala\* Until 4:42AM Tue  
Kaulava Until 3:52PM  
Panchami Until 5:03AM Tue

Ganesh: White  
Muruga: White  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:42AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 4  
1st Phase

**Devaloka Day**

4

Tuesday, April 7, 2026

Wishika Rasi: 23.53 Tithi 21  
Routine Work Marana Yoga  
Until 6:09PM  
Then Creative Work - Amrita Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Mangala Vasara Yuktayam  
Jyeshtha\* Nakshatra Varjyan Yoga Gara Karana Shashthayam Titau  
Gulika 12:03PM - 1:38PM  
Yama 8:52AM - 10:27AM  
Rahu 3:14PM - 4:50PM

Jyeshtha\* Until 6:09PM  
Varjyan Until 5:33AM Wed  
Gara Until 6:17PM  
Shashthi\* Until 7:28AM Wed

Ganesh: White  
Muruga: White  
Nataraja: Purple  
Moon - Orange

Sunrise: 5:41AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 5  
1st Phase

**Devaloka Day**

5

Wednesday, April 8, 2026

Dhanu Rasi: 5.47 Tithi 21 - 22  
Routine Work Marana Yoga  
Until 9:12PM  
Then Creative Work - Amrita Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Budha Vasara Yuktayam  
Mula\* Nakshatra Parigha\* Yoga Vanija/Visti\* Karana Shashthi/Saptamayam Titau  
Gulika 10:27AM - 12:03PM  
Yama 7:15AM - 8:51AM  
Rahu 12:03PM - 1:38PM

Mula\* Until 9:12PM  
Parigha\* Until 6:21AM Thu  
Visti Until 8:40PM  
Shashthi\* Until 7:28AM

Ganesh: Yellow  
Muruga: White  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:39AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 6  
1st Phase

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

D

Thursday, April 9, 2026

Retreat Star

Dhanu Rasi: 17.42 Tithi 22 - 23  
Creative Work Siddha Yoga  
Until 11:53PM  
Then Routine Work - Marana Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Shukra Vasara Yuktayam  
Purvashadha\* Nakshatra Parigha\* Shiva Yoga Bava/Balava Karana Saptami/Ash  
Saptamayam Titau  
Gulika 8:50AM - 10:26AM  
Yama 5:38AM - 7:14AM  
Rahu 1:38PM - 3:14PM

Purvashadha\* Until 11:53PM  
Parigha\* Until 6:21AM  
Balava Until 10:49PM  
Saptami Until 9:46AM

Ganesh: Yellow  
Muruga: White  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:38AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 7  
Ashtami

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

Friday, April 10, 2026

Retreat Star

Dhanu Rasi: 29.44 Tithi 23 - 24  
Routine Work Marana Yoga  
Until 1:57AM Sat  
Then Creative Work - Siddha Yoga

Viswajasa Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Pakshе Sakra Vasara Yuktayam  
Uttarashadha Nakshatra Shiva/Siddha Yoga Kaulava/Tailla Karana Ashtami/Navamayam Titau  
Gulika 7:13AM - 8:49AM  
Yama 3:15PM - 4:51PM  
Rahu 10:26AM - 12:02PM

Uttarashadha Until 1:57AM Sat  
Shiva Until 6:56AM  
Tailla Until 12:32AM Sat  
Ashtami\* Until 11:43AM

Ganesh: Yellow  
Muruga: White  
Nataraja: Purple  
Moon - Light Blue

Sunrise: 5:37AM  
Sunset: 6:29PM  
Moon 3 - Phase 49 - 8  
Navami

**Bhuloka Day**  
Devaloka Time: 9AM to 12PM

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

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|          |  |               |  |  |   |   |   |
|----------|--|---------------|--|--|---|---|---|
| <b>1</b> | <b>Saturday, April 11, 2026</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Mania Vasara Yuktiyam<br>Shravana Nakshatra Siddha/Sadhya Yoga Gara/Vanija Karana Navami/Dashmyam Tilau |  |   |   | Memphis, TN<br>Sutra 363                                      |
|          | Makara Rasi: 11.59   | Tithi 24 – 25 | <b>Gulika</b><br>5:35AM – 7:12AM<br>1:38PM – 3:15PM  | <b>Shravana Until 3:44AM Sun</b><br>Siddha Until 7:05AM<br>Vanija Until 1:36AM Sun | <b>Ganesh:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Purple | <b>Sunrise:</b> 5:25AM<br><b>Sunset:</b> 6:28PM | Sun 9<br>Vasarasu 5127<br>Moon 3 - Phase 50 - 12<br>2nd Phase |
|          | Creative Work Siddha Yoga<br>Until 3:44AM Sun<br>Then Routine Work – Marana Yoga |               |  |  | <b>Chaitra-Panguni</b>  |   | <b>Devaloka Day</b>   |
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| <b>2</b> | <b>Sunday, April 12, 2026</b>  |               | Vishvasu Nama Samvatsare Uтарыяне Moksha Ritau Meena Mase Krishna Paksha Bharu Vasara Yuktiyam<br>Dhanishtha Nakshatra Sadhya/Sukha Yoga Visi/Bava Karana Dashami/Ekadashmyam Tilau |  |   |   | Memphis, TN<br>Sutra 364                                       |
|          | Makara Rasi: 24.31   | Tithi 25 – 26 | <b>Gulika</b><br>3:15PM – 4:52PM<br>12:01PM – 1:38PM  | <b>Dhanishtha Until 4:35AM Mon</b><br>Sadhya Until 6:44AM<br>Bava Until 1:53AM Mon | <b>Ganesh:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Purple | <b>Sunrise:</b> 5:34AM<br><b>Sunset:</b> 6:29PM | Sun 10<br>Vasarasu 5127<br>Moon 3 - Phase 50 - 10<br>2nd Phase |
|          | Routine Work Marana Yoga<br>Until 4:35AM Mon<br>Then Creative Work – Siddha Yoga |               |   |  | <b>Chaitra-Panguni</b>  |   | <b>Devaloka Day</b>  |
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| <b>3</b> | <b>Monday, April 13, 2026</b>   |               | Vishvasu Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Indu Vasara Yuktiyam<br>Shatabhishak Nakshatra Sukla Yoga Balava/Kaulava Karana Ekadashi/Dvadashmyam Tilau |  |   |   | Memphis, TN<br>Sutra 1   |
|          | Kumbha Rasi: 7.26   | Tithi 26 – 27 | <b>Gulika</b><br>1:38PM – 3:16PM<br>10:24AM – 12:01PM  | <b>Shatabhishak Until 4:28AM Tue</b><br>Sukla Until 4:09AM Tue<br>Kaulava Until 1:21AM Tue | <b>Ganesh:</b> Blue<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Purple | <b>Sunrise:</b> 5:33AM<br><b>Sunset:</b> 6:30PM | Sun 11<br>Vasarasu 5127<br>Moon 3 - Phase 50 - 11<br>2nd Phase |
|          | Family Home Evening<br>Creative Work Siddha Yoga<br>Until 4:28AM Tue<br>Then Routine Work – Marana Yoga |               |  |  | <b>Chaitra-Chaitra</b>  |   | <b>Devaloka Day</b>  |
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| <b>4</b> | <b>Tuesday, April 14, 2026</b>   |               | Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Mangala Vasara Yuktiyam<br>Puravproshthapada Nakshatra Brahma Yoga Lalita/Gara Karana Dvadashi/Trayodashmyam Tilau |  |   |   | Memphis, TN<br>Sutra 2  |
|          | Kumbha Rasi: 20.46   | Tithi 27 – 28 | <b>Gulika</b><br>12:01PM – 1:38PM<br>8:46AM – 10:24AM   | <b>Puravproshthapada Until 3:53AM Wed</b><br>Brahma Until 1:54AM Wed<br>Gara Until 12:00AM Wed | <b>Ganesh:</b> White<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Clear | <b>Sunrise:</b> 5:31AM<br><b>Sunset:</b> 6:31PM | Sun 12<br>Parabhava 5128<br>Moon 3 - Phase 50 - 12<br>2nd Phase |
|          | Routine Work Marana Yoga<br>Until 3:53AM Wed<br>Then Creative Work – Siddha Yoga |               | <b>Tamil New Year</b>   |  | <b>Dvadashi Until 12:45PM</b>   |   | <b>Chaitra-Chaitra</b><br><b>Pradosha Vata (Fasting)</b>        |
|          |  |               |   |  |   |   | <b>Bhuloka Day</b>  |

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| <b>5</b> | <b>Wednesday, April 15, 2026</b> |               | Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Butha Vasara Yuktiyam<br>Uttarproshthapada Nakshatra Indra Yoga Vanija/Visi Karana Trayodashi/Chaturdashmyam Tilau |   |   |   | Memphis, TN<br>Sutra 3  |
|          | Meena Rasi: 4.34                 | Tithi 28 – 29 | <b>Gulika</b><br>10:23AM – 12:01PM<br>7:08AM – 8:45AM   | <b>Uttarproshthapada Until 2:28AM Thu</b><br>Indra Until 11:06PM<br>Visi Until 9:58PM | <b>Ganesh:</b> White<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Clear | <b>Sunrise:</b> 5:30AM<br><b>Sunset:</b> 6:31PM | Sun 13<br>Parabhava 5128<br>Moon 3 - Phase 50 - 13<br>2nd Phase |
|          | Creative Work Siddha Yoga        |               |   |   | <b>Chaitra-Chaitra</b>  |   | <b>Bhuloka Day</b>  |
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| <b>●</b> | <b>Thursday, April 16, 2026</b>  |  | Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Krishna Paksha Guru Vasara Yuktiyam<br>Revati Nakshatra Vaidhriti/ Yaga Sakuni/Catuspadi Karana Chaturdashi/Amavasyayam Tilau |   |  |   | Memphis, TN<br>Sutra 4   |
|          | <b>Retreat Star</b>  |  | <b>Gulika</b><br>8:45AM – 10:22AM<br>5:29AM – 7:07AM  | <b>Revati Until 12:22AM Fri</b><br>Vaidhriti Until 7:49PM<br>Catuspadi Until 7:21PM | <b>Ganesh:</b> Yellow<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – Clear | <b>Sunrise:</b> 5:29AM<br><b>Sunset:</b> 6:32PM | Sun 14<br>Parabhava 5128<br>Moon 3 - Phase 50 - 14<br>Amavasya |
|          | Creative Work Siddha Yoga<br>Until 12:22AM Fri<br>Then Creative Work – Amrita Yoga |  |   |   | <b>Chaitra-Chaitra</b>   |   | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 12:2PM             |
|          |  |  |   |   |  |   |  |

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| <b>●</b> | <b>Friday, April 17, 2026</b>  |  | Parabhava Nama Samvatsare Uтарыяне Nartana Ritau Mesha Mase Sukla Paksha Sukra Vasara Yuktiyam<br>Ashvini Nakshatra Vishkambha/Pithi Yoga Kintughna/Bava Karana Prathamayam Tilau |   |   |   | Memphis, TN<br>Sutra 5   |
|          | <b>Retreat Star</b>  |  | <b>Gulika</b><br>7:06AM – 8:44AM<br>3:17PM – 4:55PM   | <b>Ashvini Until 10:11PM</b><br>Vishkambha Until 4:13PM<br>Kintughna Until 4:19PM | <b>Ganesh:</b> Red<br><b>Muruga:</b> White<br><b>Nataraja:</b> Purple<br>Moon – White | <b>Sunrise:</b> 5:27AM<br><b>Sunset:</b> 6:33PM | Sun 15<br>Parabhava 5128<br>Moon 3 - Phase 50 - 15<br>Prathama |
|          | Creative Work Amrita Yoga<br>Until 10:11PM<br>Then Creative Work – Siddha Yoga |  |   |   | <b>Vasula-Chaitra</b>   |   | <b>Bhuloka Day</b><br>Devaloka Time: 9AM to 12:2PM             |
|          |  |  |   |   |   |   |  |

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

All times are standard time. Calculated for Memphis, TN on 2/11/24

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| <b>1</b>                         | <b>Saturday, April 18, 2026</b>   |  | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Mania Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                  | Bharani Nakshatra Pih/Ayushman Yoga Balava/Kaulava Karana Dvityayam Tilau |  | Sun 16  |                            | Sutra 6         |                       |             |
| Mesha Rasi: 18.1                 | Tilhi 2   | <b>Gulika</b> 5:24AM - 7:05AM          | <b>Bharani Until 7:39PM</b>   | <b>Ganesha:</b> Red        | Sunrise: 5:26AM | Parabhava 5128        |             |
|                                  |   | Yama 1:38PM - 3:17PM                   | Prili Until 12:25PM   | <b>Muruga:</b> White       | Sunset: 6:34PM  | Moon 3 - Phase 1 - 16 | 3rd Phase   |
| Creative Work                    | Siddha Yoga   | 244858678 <b>Rahu</b> 8:43AM - 10:21AM | Balava Until 1:02PM   | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 7:39PM                     |   |  | <b>Dvitiya Until 11:21PM</b>  | Moon - White:              |                 | <b>Bhuloka Day</b>    |             |
| Then Creative Work - Amrita Yoga |   |  |   | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>2</b>                         | <b>Sunday, April 19, 2026</b>   |                                       | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Bhanu Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                  | Kritika/Rohini Nakshatra Ayushman/Saubhagya Yoga Talila/Gara Karana Trityayam Tilau |                                       | Sun 17  |                            | Sutra 7         |                       |             |
| Wishabha Rasi: 3.05              | Tilhi 3   | <b>Gulika</b> 3:17PM - 4:56PM         | <b>Kritika Until 4:58PM</b>   | <b>Ganesha:</b> Red        | Sunrise: 5:25AM | Parabhava 5128        |             |
|                                  |   | Yama 12:00PM - 1:38PM                 | Ayushman Until 8:31AM   | <b>Muruga:</b> White       | Sunset: 6:35PM  | Moon 3 - Phase 1 - 17 | 3rd Phase   |
| Creative Work                    | Siddha Yoga   | 244858678 <b>Rahu</b> 4:56PM - 6:35PM | Talilla Until 9:41AM  | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 7:39PM                     |   |                                       | <b>Tritiya Until 8:00PM</b>   | Moon - White:              |                 | <b>Bhuloka Day</b>    |             |
| Then Creative Work - Amrita Yoga |   | <b>Akshaya Tritiya</b>                |   | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>3</b>                        | <b>Monday, April 20, 2026</b>  |                                       | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Indu Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                 | Rohini/Mrigashira Nakshatra Sobhana Yoga Vanija/Bava Karana Chalurithi/Panchayam Tilau |                                       | Sun 18   |                            | Sutra 8         |                       |             |
| Wishabha Rasi: 17.59            | Tilhi 4 - 5  | <b>Gulika</b> 1:39PM - 3:18PM         | <b>Rohini Until 2:40PM</b>   | <b>Ganesha:</b> Yellow     | Sunrise: 5:24AM | Parabhava 5128        |             |
| <b>Family Home Evening</b>      |  | Yama 10:21AM - 12:00PM                | Sobhana Until 1:03AM Tue   | <b>Muruga:</b> White       | Sunset: 6:36PM  | Moon 3 - Phase 1 - 18 | 3rd Phase   |
| Creative Work                   | Amrita Yoga  | 244858678 <b>Rahu</b> 7:03AM - 8:42AM | Vanija Until 6:24AM  | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 12:31PM                   |  |                                       | <b>Chalurithi* Until 4:49PM</b>  | Moon - Yellow:             |                 | <b>Bhuloka Day</b>    |             |
| Then Routine Work - Marana Yoga |  |                                       |  | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>4</b>                        | <b>Tuesday, April 21, 2026</b>  |                                       | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Mangala Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                 | Mrigashira/Ardra Nakshatra Alhiganda* Yoga Balava/Kaulava Karana Panchami/Shushthiyam Tilau |                                       | Sun 19  |                            | Sutra 9         |                       |             |
| Mithuna Rasi: 2.42              | Tilhi 5 - 6   | <b>Gulika</b> 11:59AM - 1:39PM        | <b>Mrigashira Until 12:31PM</b>   | <b>Ganesha:</b> Yellow     | Sunrise: 5:22AM | Parabhava 5128        |             |
|                                 |   | Yama 8:41AM - 10:20AM                 | Alhiganda* Until 9:39PM   | <b>Muruga:</b> White       | Sunset: 6:36PM  | Moon 3 - Phase 1 - 19 | 3rd Phase   |
| Creative Work                   | Siddha Yoga   | 244858678 <b>Rahu</b> 3:18PM - 4:57PM | Kaulava Until 12:36AM Wed   | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 12:31PM                   |   | <b>Adi Sankara Jayanthi</b>           | <b>Panchami Until 1:54PM</b>  | Moon - Yellow:             |                 | <b>Bhuloka Day</b>    |             |
| Then Routine Work - Marana Yoga |   |                                       |   | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>5</b>                        | <b>Wednesday, April 22, 2026</b>  |  | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Budha Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                 | Ardra/Punarvasu Nakshatra Sukarma Yoga Talila/Gara Karana Shashthi/Saptayam Tilau |  | Sun 20  |                            | Sutra 10        |                       |             |
| Mithuna Rasi: 17.1              | Tilhi 6 - 7   | <b>Gulika</b> 10:20AM - 11:59AM        | <b>Ardra Until 10:37AM</b>  | <b>Ganesha:</b> Yellow     | Sunrise: 5:21AM | Parabhava 5128        |             |
|                                 |   | Yama 7:01AM - 8:40AM                   | Sukarma Until 6:38PM  | <b>Muruga:</b> White       | Sunset: 6:37PM  | Moon 3 - Phase 1 - 20 | 3rd Phase   |
| Creative Work                   | Siddha Yoga   | 244858678 <b>Rahu</b> 11:59AM - 1:39PM | Gara Until 10:20PM  | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 12:31PM                   |   |  | <b>Shashthi* Until 11:23AM</b>  | Moon - Yellow:             |                 | <b>Bhuloka Day</b>    |             |
| Then Routine Work - Marana Yoga |   |  |   | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>D</b>                        | <b>Thursday, April 23, 2026</b>   |                                       | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Guru Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                 | Punarvasu/Pushya Nakshatra Dhriti/Shula* Karana Sapthami/Ashtayam Tilau |                                       | Sun 21   |                            | Sutra 11        |                       |             |
| Kataka Rasi: 1.18               | Tilhi 7 - 8   | <b>Gulika</b> 8:39AM - 10:19AM        | <b>Punarvasu Until 9:29AM</b>  | <b>Ganesha:</b> White      | Sunrise: 5:20AM | Parabhava 5128        |             |
|                                 |   | Yama 5:20AM - 7:00AM                  | Dhriti Until 4:03PM  | <b>Muruga:</b> White       | Sunset: 6:38PM  | Moon 3 - Phase 1 - 21 | Ashtami     |
| Creative Work                   | Amrita Yoga   | 244858678 <b>Rahu</b> 1:39PM - 3:18PM | Visli Until 8:35PM   | <b>Nataraja:</b> Purple    |                 |                       |             |
| Until 12:31PM                   |   |                                       | <b>Sapthami Until 9:22AM</b>   | Moon - Blue:               |                 | <b>Devaloka Day</b>   |             |
| Then Routine Work - Marana Yoga |   |                                       |  | Devaloka Time: 9AM to 12PM |                 |                       |             |

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| <b>Friday, April 24, 2026</b>   | <b>Retreat Star</b>  |   | Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Meeha Mese Sakla Paksho Sukra Vesara Yukhtayam |                            |                 |                       | MempHis, TN |
|                                 | Pushya/Ashleha* Nakshatra Shula*Ganda* Yoga Bava/Balava Karana Ashtami/Navayam Tilau |   | Sun 22  |                            | Sutra 12        |                       |             |
| Kataka Rasi: 15.06              | Tilhi 8 - 9  | <b>Gulika</b> 6:59AM - 8:39AM           | <b>Pushya Until 8:45AM</b>  | <b>Ganesha:</b> White      | Sunrise: 5:19AM | Parabhava 5128        |             |
|                                 |  | Yama 3:19PM - 4:59PM                    | Shula* Until 1:53PM   | <b>Muruga:</b> White       | Sunset: 6:39PM  | Moon 3 - Phase 1 - 22 | Navami      |
| Creative Work                   | Marana Yoga  | 244858679 <b>Rahu</b> 10:19AM - 11:59AM | Balava Until 7:24PM   | <b>Nataraja:</b> Clear     |                 |                       |             |
| Until 12:31PM                   |  |   | <b>Ashtami* Until 7:54AM</b>  | Moon - Blue:               |                 | <b>Sivaloka Day</b>   |             |
| Then Routine Work - Marana Yoga |  |   |   | Devaloka Time: 9AM to 12PM |                 |                       |             |

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

All times are standard time. Calculated for MempHis, TN on 2/11/24

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## 1 Saturday, April 25, 2026

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| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Marla Vazara Yukaygam Ashlesha/Magha Nakshatra Ganda/Vidhih Yoga Kauava/Saila Karana Navami/Dashamam Titau |                         | Memphis, TN      |
| Kataka Rasi: 28.34   | Tithi 9 – 10            | Sutra 13         |
| Gulika 5:17AM – 6:58AM   | Ashlesha* Untill 8:26AM | Parabhava 5:18   |
| Yama 1:39PM – 3:19PM   | Ganda* Untill 12:12PM   | Parabhava 2 - 23 |
| 244858679 Rahu 8:38AM – 10:18AM  | Taitilla Untill 6:46PM  | 4th Phase        |
| Routine Work Marana Yoga   | Navami* Untill 7:00AM   | Sivaloka Day     |
| Untill 8:26AM  | Valaksha-Chaitra        |                  |
| Then Creative Work - Amrita Yoga   |                         |                  |

## 2 Sunday, April 26, 2026

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|---|-----------------------|----------------------------|
| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Ibhru Vazara Yukaygam Magha/Puraphalguni Nakshatra Vidhih/Dhruva Yoga Gara/Vanji Karana Dashami/Ekadasyam Titau |                       | Memphis, TN                |
| Simha Rasi: 11.43   | Tithi 10 – 11         | Sutra 14                   |
| Gulika 3:19PM – 5:00PM  | Magha* Untill 8:57AM  | Parabhava 5:18             |
| Yama 11:58AM – 1:39PM   | Vidhih Untill 10:57AM | Parabhava 3 - Phase 2 - 24 |
| 255858679 Rahu 5:00PM – 6:40PM  | Vanija Untill 6:41PM  | 4th Phase                  |
| Routine Work Marana Yoga  | Dashami Untill 6:39AM | Bhuloka Day                |
| Untill 8:57AM   | Valaksha-Chaitra      | Devaloka Time: 6PM to 9PM  |
| Then Creative Work - Siddha Yoga  |                       |                            |

## 3 Monday, April 27, 2026

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| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Indu Vazara Yukaygam Puraphalguni/Ultaraphalguni Nakshatra Dhruva/Vyaghata* Yoga Vist/Beva Karana Ekadashi/Ekadasyam Titau |                            | Memphis, TN                |
| Simha Rasi: 24.38  | Tithi 11 – 12              | Sutra 15                   |
| Family Home Evening  | 1:39PM – 3:20PM            | Parabhava 5:18             |
| 255858679 Rahu 6:56AM – 8:37AM   | Puraphalguni Untill 9:49AM | Parabhava 3 - Phase 2 - 25 |
| Creative Work Siddha Yoga  | Dhruva Untill 10:04AM      | 4th Phase                  |
|  | Bava Untill 7:04PM         | Bhuloka Day                |
|  | Ekadashi Untill 6:48AM     | Devaloka Time: 6PM to 9PM  |
|  | Valaksha-Chaitra           |                            |

## 4 Tuesday, April 28, 2026

|   |                               |                           |
|---|-------------------------------|---------------------------|
| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Mangala Vazara Yukaygam Ultaraphalguni/Hasta Nakshatra Vyaghata*/Harshana Yoga Balava/Kauava Karana Dvadashi/Trayodasym Titau |                               | Memphis, TN               |
| Kanya Rasi: 7.19  | Tithi 12 – 13                 | Sutra 16                  |
| Gulika 11:58AM – 1:39PM   | Ultaraphalguni Untill 10:57AM | Parabhava 5:18            |
| Yama 8:36AM – 10:17AM   | Vyaghata* Untill 9:33AM       | Parabhava 2 - 26          |
| 255858679 Rahu 3:20PM – 5:01PM  | Kaulava Untill 7:53PM         | 4th Phase                 |
| Creative Work Amrita Yoga   | Dvadashi Untill 7:24AM        | Bhuloka Day               |
| Untill 10:57AM  | Pradosha Vata                 | Devaloka Time: 6PM to 9PM |
| Then Creative Work - Siddha Yoga  |                               |                           |

## 5 Wednesday, April 29, 2026

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| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Budha Vazara Yukaygam Hasta/Chitra Nakshatra Harshana/Veja* Yoga Talila/Gara Karana Trayodashi/Chaturdashyam Titau |                          | Memphis, TN                |
| Kanya Rasi: 19.49  | Tithi 13 – 14            | Sutra 17                   |
| Gulika 10:17AM – 11:58AM   | Hasta Untill 12:47PM     | Parabhava 5:18             |
| Yama 6:54AM – 8:35AM   | Harshana Untill 9:22AM   | Parabhava 3 - Phase 2 - 27 |
| 265858679 Rahu 11:58AM – 1:39PM  | Gara Untill 9:04PM       | 4th Phase                  |
| Routine Work Marana Yoga   | Trayodashi Untill 8:25AM | Devaloka Day               |
| Untill 12:47PM   | Valaksha-Chaitra         |                            |
| Then Creative Work - Siddha Yoga   |                          |                            |

## Thursday, April 30, 2026

|  |                            |                                 |
|--|----------------------------|---------------------------------|
| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Suko Paiche Guru Vazara Yukaygam Chitra/Svali Nakshatra Vaja*/Siddhi Yoga Vanja/Visti* Karana Chaturdashi/Purnimayam Titau |                            | Memphis, TN                     |
| Copper Retreat Star  |                            | Sutra 18                        |
| Tula Rasi: 2.1   | Tithi 14 – 15              | Parabhava 5:18                  |
| Gulika 8:35AM – 10:16AM  | Chitra Untill 2:48PM       | Parabhava 3 - Phase 2 - Purnima |
| Yama 5:12AM – 6:53AM   | Vaja* Untill 9:25AM        |                                 |
| 265858679 Rahu 1:39PM – 3:21PM   | Visti Untill 10:35PM       |                                 |
| Creative Work Siddha Yoga  | Chaturdashi* Untill 9:46AM | Devaloka Day                    |
| Untill 2:48PM  | Valaksha-Chaitra           |                                 |
| Then Creative Work - Amrita Yoga   |                            |                                 |

## Friday, May 1, 2026

|  |                           |                  |
|--|---------------------------|------------------|
| Parabhava Nama Samvatsara Uтарыяыы Nartana Ritau Mecha Mese Krishna Paksha Sukra Vazara Yukaygam Svali/Vibhaha Nakshatra Siddhi/Vyagata* Yoga Bava/Balava Karana Purnima/Prathamayam Titau |                           | Memphis, TN      |
| Silver Retreat Star  |                           | Sutra 19         |
| Tula Rasi: 14.23   | Tithi 15 – 16             | Parabhava 5:18   |
| Gulika 6:52AM – 8:33AM   | Svali Untill 4:56PM       | Parabhava 2 - 28 |
| Yama 3:21PM – 5:03PM   | Siddhi Untill 9:43AM      | 4th Phase        |
| 265858679 Rahu 10:15AM – 11:57AM   | Balava Untill 12:24AM Sat |                  |
| Creative Work Siddha Yoga  | Purnima* Untill 11:26AM   | Devaloka Day     |
|  | Valaksha-Chaitra          |                  |

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

All times are standard time. Calculated for on 2/11/24

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