



Lunar Breath Calendar

for Brain Hemisphere Synchronization
and the Practice of Svara Yoga

2020

Authors / Sources

Technique and Breath Awareness
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Back Cover Art found at (now defunct)
<http://www.sics.se/~piak/yoga/yantra/>

Edition 4.1: Layout of day changed to include times for all tithis (tied to time zone & any DST, not location). This page now mentions New & Full Moon times.

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Times given for tithis 1 and 16 are the **New and Full Moon times**. They mark the start of the ascending and descending halves of the lunar month.

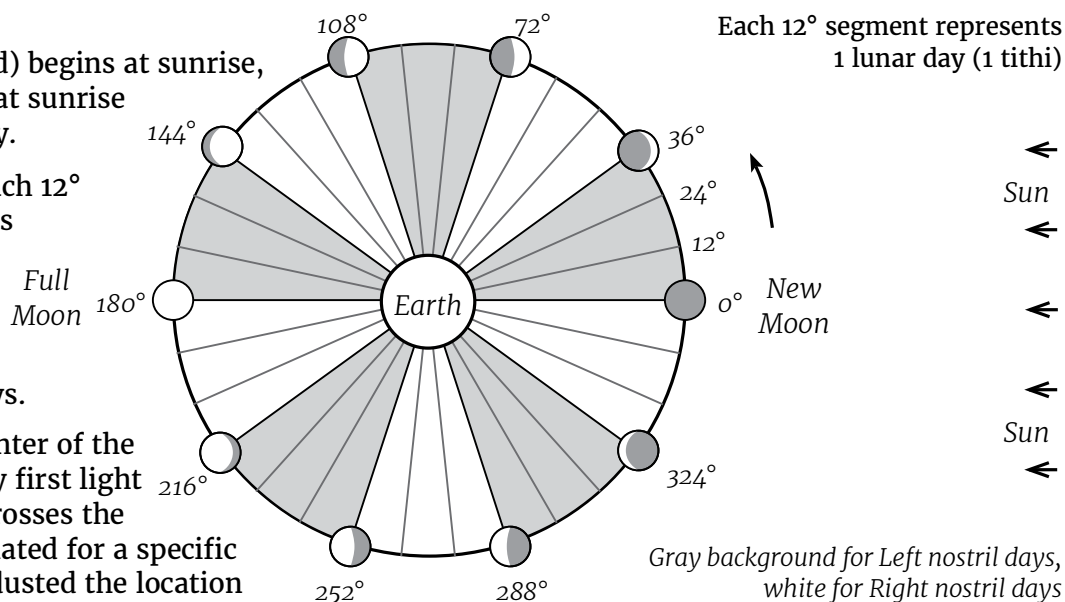
Lunar days are based on where the moon is in its 30-day monthly cycle. Each of these days lasts from 20 to 27 hours. The days are counted from 1 to 30, or in the ascending and descending halves of the month, from 1 to 15.

In India, the solar day (ends and) begins at sunrise, not at midnight. The lunar day at sunrise is the one used for this solar day.

Usually one sunrise occurs in each 12° segment. Sometimes no sunrises occur in a segment, in which case the *tithi* gets “skipped” that month. When two sunrises occur in a segment, the *tithi* lasts for two (solar) days.

Sunrise is determined by the center of the sun crossing the horizon, not by first light (when the top of the sun first crosses the horizon). This calendar is calculated for a specific location. To determine *tithi*, I adjusted the location by 16 minutes to the West. The angular diameter of the sun is 32 arcminutes, so when the sun is rising at the adjusted location, its center is on the horizon at the location for which this calendar is calculated.

How the Lunar Day is Determined



Harish Johari taught me how to determine *tithis*. His most relevant book is *Breath, Mind and Consciousness*. Rochester, VT: Destiny Books. ISBN 0-89281-252-4

— Continued from before calendar pages —

- 8 The first **linga** or desire principle represents the first three **cakra**-s, which are usually selfish in orientation.
- 9 **Nāḍi**-s **Iḍa** and **Pingala**: **Nāḍi**-s are subtle nerve channels.
 - Iḍa** is the lunar breath channel.
 - Pingala** is the solar breath channel.
- 10 **Suṣumṇa**: the central channel in the subtle body; in the middle of this channel is the **Shiva Nāḍi** through which **kuṇḍalini** (**Śakti**) can rise.
- 11 In true meditation, one is beyond the mind.
- 12 **Jagrīti Devi's Śakti** is the power to stay alert, awake, and in the moment. At first, this **Śakti** helps us to remember our (small) selves (to be present). Thereafter she assists in remembering the Self (consciousness).

The Background For This Work

According to the ancient svara yoga (yoga of breath) we can find out how balanced we are within—and in relation to the universe—by checking nostril dominance at sunrise.

How To Detect Nostril Dominance

Use the thumb of the right hand to block one nostril **from below**. Inhale and exhale deeply through the other nostril. Repeat, with the other nostril blocked. This simple technique usually indicates at once which nostril is more open/closed. Use the calendar to verify if the nostril dominance is correct for the sunrise in question.

To Correct Nostril Dominance

To open the left nostril, lie on the right side of the body with a pillow under the rib cage, supporting the head with the right hand. Reverse to open the right nostril. Once the correct nostril is open, ideally it will stay open for one hour following sunrise.

Nostril synchronization (see diagram inside back cover) **is most important the sunrises**

Calendar Page Information

On the calendar pages, each (solar) day has a box with 5 or 6 pieces of information.

- Upper left: the calendar day.
- Upper right: L(ef) or R(ight), for the preferred nostril for that sunrise. A preceding asterisk (e.g., ***R**) marks a day when the **tithi** changed shortly before sunrise (within 2 hours). If your breath does not match on one of these days, there is little need to adjust it, as a small delay in the body's ability to detect a change in **tithi** is natural.
- Upper middle: the lunar day (**tithi**) (see *diagram, inside back cover*)
- Lower left: sunrise (first light)
- Lower right: sunset (last light)
- Tithi start times are shown above the sunrise. The start times for tithis 1 and 16 are the New and Full Moon times. The tithi times mark instants of alignment of the sun, moon and earth, and apply to all locations (with proper time zone adjustments).

after the full and new moons. After the new moon the left nostril is dominant at sunrise for three lunar days. After the full moon, the right nostril is dominant at sunrise for three lunar days. The dominant breath alternates Left and Right each three lunar days. Most commonly this includes three sunrises. It sometimes includes two or four.

For optimal experience, arise at least one hour before sunrise. After evacuation, take a shower and sit for meditation. If no evacuation takes place, keep eyes open and directed downward while sitting for meditation. At sunrise, observe the breath and correct nostril dominance if needed.

Why

Regular synchronizing of the breath at sunrise helps in balancing the brain hemispheres, one of the functions of the sixth chakra. Inner alignment of lunar and solar energies invites a more harmonious aligning with these energies in the universe at large.

- sleeping on the left side⁷
- use of sustained tones and **bija mantra**-s to activate **sushumna** breath

Breath awareness not only lessens the unconscious aspect of breathing (which keeps us bound to the first **linga**⁸), it balances two of the major breath channels of the subtle body, to wit, the **nāḍi**-s **Iḍa** and **Pingala**⁹. In meditation this translates as both nostrils being open evenly; as a result the **Sushumṇa**¹⁰ **nāḍi** is activated. Without **Sushumṇa** flow, true meditation¹¹ is not possible.

Prāṇayama with **kumbhaka** (holding of inhale or exhale breath) forces the **Sushumṇa** breath to flow; as a result **Iḍa** and **Pingala** become balanced. Thus the importance of conscious nasal breathing cannot be overstated as it elevates the quality of speech and silence.

For prolonged breath awareness we need to stay present, in the moment. Without **Jagrīti Devī**-s¹² blessing it is impossible to be freed of mechanical behavior. Only crystal-clear insight into the urgent need of being-in-the-moment allows **Jagrīti Śakti** to join the dance.

Notes

- 1 **Parā**: utmost reach, highest extent/extension, beyond **Haṁsa**: swan. The mythical swan can separate milk from water (has discernment). Its wings are the wings of breath.
- 2 **Hṛt Cakra**: a minor cakra close to the fourth **cakra**, where the Deity is worshipped in the cave of the heart.
- 3 **Homa**: any oblation or sacrifice. Usually offerings to the fire.
- 4 **Agnihotra**: sacrificial fire with oblations to **agni** (fire).
- 5 **Prāṇa dātri**: **Śakti** who distributes **prāṇa** to all beings.
- 6 **Svara** yoga: the ancient science of breath.
- 7 At night, when the moon's energy is dominant, sleeping on one's left side keeps the right (solar) nostril open. This brings solar and lunar energies into balance.

December 26, 2019 — January 24, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				26 1 L	27 2 L	28 3 L
				1 12:14 AM 7:25 4:52	2 12:11 AM 7:26 ◊ 4:53	3 12:41 AM 7:26 4:53
29 4 R	30 5 R	31 6 R	1 6 R	2 7 L	3 8 L	4 9 L
4 1:47 AM 7:26 4:54	5 3:26 AM 7:26 4:55	6 5:33 AM 7:27 4:56	7 7:59 AM 7:27 4:56	8 10:32 AM 7:27 4:57	9 12:58 PM 7:27 4:58	10 3:04 PM 7:27 4:59
5 10 R	6 11 R	7 12 R	8 13 L	9 14 L	10 15 L	11 16 R
11 4:38 PM 7:27 5:00	12 5:34 PM 7:27 5:01	13 5:46 PM 7:27 5:02	14 5:16 PM 7:27 5:03	15 4:06 PM 7:27 5:04	16 2:22 PM 7:27 5:05	17 12:12 PM 7:27 5:06

28 17 R	1 18 R	2 19 L	3 20 L	4 21 L	5 22 R	6 23 R
17 12:50 AM 18 10:07 PM 6:42 6:00	19 7:18 PM 6:41 6:01	20 4:31 PM 6:39 6:02	21 1:53 PM 6:38 6:03	22 11:30 AM 6:36 6:04	23 9:26 AM 6:35 6:05	24 7:42 AM 6:33 6:06
7 25 *L	8 26 L	9 27 L	10 28 R	11 29 R	12 30 R	
25 6:19 AM 6:32 6:07	26 5:16 AM 6:30 6:08	27 4:34 AM 6:29 6:09	28 4:12 AM 6:27 6:10	29 4:11 AM 6:26 6:11	30 4:34 AM 6:24 6:12	
◊ Feb. 12: Chandra Darshan						

February 12, 2021 — March 12, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					12 1 L	13 2 L
				1 2:07 PM	2 2:01 PM 7:03 ◊ 5:42	3 2:28 PM 7:02 5:44
14 3 L	15 4 R	16 5 R	17 6 R	18 7 L	19 8 L	20 9 L
4 3:31 PM 7:01 5:45	5 5:09 PM 6:59 5:46	6 7:18 PM 6:58 5:47	7 9:49 PM 6:57 5:48	6:56 5:49	8 12:30 AM 6:54 5:50	9 3:03 AM 6:53 5:51
21 10 *R	22 11 R	23 11 R	24 12 R	25 13 L	26 15 L	27 16 R
10 5:14 AM 6:52 5:53	11 6:48 AM 6:50 5:54	12 7:37 AM 6:49 5:55	13 7:37 AM 6:48 5:56	14 6:50 AM 6:46 5:57	15 5:21 AM 6:45 5:58	16 3:18 AM 6:43 5:59

12 17 R	13 19 *L	14 20 L	15 21 L	16 22 R	17 23 R	18 24 R
18 9:44 AM 7:26 5:07	19 7:04 AM 7:26 5:08	20 4:21 AM 7:26 5:09	21 1:42 AM 22 11:13 PM 7:26 5:10	23 8:59 PM 7:25 5:11	24 7:05 PM 7:25 5:12	25 5:32 PM 7:24 5:13
19 25 L	20 26 L	21 27 L	22 28 R	23 29 R	24 30 R	
26 4:23 PM 7:24 5:14	27 3:37 PM 7:23 5:15	28 3:17 PM 7:23 5:16	29 3:20 PM 7:22 5:17	30 3:49 PM 7:22 5:19	1 4:43 PM 7:21 5:20	
◊ Dec. 27: Chandra Darshan						

January 25, 2020 — February 23, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						25 1 L 1 4:43 PM 2 6:03 PM 7:21 5:21
26 2 L	27 3 L	28 4 R	29 5 R	30 6 R	31 7 *L	1 7 L
3 7:47 PM 7:20 ◊ 5:22	4 9:54 PM 7:19 5:23	5 12:17 AM 7:18 5:24	6 2:51 AM 7:17 5:27	7 5:23 AM 7:16 5:28	8 7:42 AM 7:15 5:29	
2 8 L	3 9 L	4 10 R	5 11 R	6 12 R	7 13 L	8 15 L
9 9:35 AM 7:14 5:30	10 10:51 AM 7:13 5:31	11 11:21 AM 7:12 5:32	12 11:02 AM 7:11 5:34	13 9:55 AM 7:10 5:35	14 8:03 AM 7:09 5:36	15 5:33 AM 7:08 5:37

31 18 R	1 19 L	2 21 L	3 22 R	4 23 R	5 24 R	6 25 L
19 9:56 AM 7:15 5:29	20 7:56 AM 7:14 5:30	21 5:51 AM 7:13 5:31	22 3:44 AM 7:13 5:32	23 1:39 AM 24 11:39 PM 7:12 5:33	25 9:45 PM 7:11 5:34	26 7:58 PM 7:10 5:36
7 26 L	8 27 L	9 28 R	10 29 R	11 30 R		
27 6:19 PM 7:09 5:37	28 4:51 PM 7:07 5:38	29 3:37 PM 7:06 5:39	30 2:41 PM 7:05 5:40	1 2:07 PM 7:04 5:41		
◊ Jan. 14: Chandra Darshan						

January 13, 2021 — February 11, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			13 1 L	14 2 L	15 3 L	16 4 R
			1 12:01 AM 2 10:33 PM 7:26 5:08	3 9:36 PM ◇ 5:09	4 9:17 PM 5:11	5 9:40 PM 5:12
17 5 R	18 6 R	19 7 L	20 8 L	21 9 L	22 9 L	23 10 R
6 10:46 PM 7:25 5:13		7 12:30 AM 7:24 5:15	8 2:47 AM 7:23 5:16	9 5:22 AM 7:23 5:17	10 8:01 AM 7:22 5:18	11 10:28 AM 7:21 5:19
24 11 R	25 12 R	26 13 L	27 14 L	28 15 L	29 16 R	30 17 R
12 12:30 PM 7:21 5:21	13 1:56 PM 7:20 5:22	14 2:43 PM 7:19 5:23	15 2:49 PM 7:19 5:24	16 2:17 PM 7:18 5:25	17 1:14 PM 7:17 5:26	18 11:44 AM 7:16 5:27

9 16 R	10 17 R	11 18 R	12 19 L	13 20 L	14 21 L	15 23 R
16 2:34 AM 17 11:16 PM 7:07 5:38	18 7:50 PM 7:06 5:39	19 4:24 PM 7:05 5:40	20 1:11 PM 7:04 5:42	21 10:18 AM 7:03 5:43	22 7:53 AM 7:01 5:44	23 6:01 AM 7:00 5:45
16 24 R	17 25 L	18 26 L	19 27 L	20 28 *R	21 29 R	22 29 R
24 4:45 AM 6:59 5:46	25 4:07 AM 6:58 5:47	26 4:04 AM 6:57 5:48	27 4:34 AM 6:55 5:50	28 5:31 AM 6:54 5:51	29 6:53 AM 6:53 5:52	30 8:34 AM 6:51 5:53
23 30 R		◇ Jan. 26: Chandra Darshan				
1 10:33 AM 6:50 5:54						

Calculated for location: (USNO) Washington, D.C.: West 77° 4' 0.8" North 38° 55' 18"

February 24, 2020 — March 23, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	24 1 L	25 2 L	26 3 L	27 4 R	28 5 R	29 6 R
1 10:33 AM 6:40	2 12:47 PM 6:49	3 3:11 PM 6:47	4 5:43 PM 6:46	5 8:16 PM 6:44	6 10:41 PM 6:43	6:00
	2 8 L	3 9 L	4 10 R	5 11 R	6 12 R	7 13 L
7 12:47 AM 6:40	8 2:24 AM 6:39	9 3:22 AM 6:37	10 3:32 AM 6:36	11 2:50 AM 6:34	12 1:19 AM 13 11:00 PM 6:33	14 8:03 PM 6:08
	9 15 L	10 16 R	11 18 R	12 19 L	13 20 L	14 21 L
15 5:35 PM 7:30	16 1:49 PM 7:28	17 9:55 AM 7:27	18 6:05 AM 7:25	19 2:31 AM 20 11:22 PM 7:24	21 8:49 PM 7:22	22 6:57 PM 7:15

3 20 L	4 21 L	5 22 R	6 23 R	7 24 R	8 25 L	9 26 L
21 8:45 PM 7:27	22 7:18 PM 7:27	23 5:35 PM 7:27	24 3:38 PM 7:27	25 1:29 PM 7:27	26 11:12 AM 7:27	27 8:49 AM 7:27
10 28 *R	11 29 R	12 30 R				
28 6:24 AM 7:27	29 4:04 AM 7:27	30 1:54 AM 7:26	1 12:01 AM 2 10:33 PM			
		◇ Dec. 15: Chandra Darshan				

December 15, 2020 — January 12, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		15 1 L	16 3 L	17 4 R	18 5 R	19 6 R
	1 11:18 AM	2 8:38 AM 7:20 ◊ 4:47	3 6:26 AM 7:21 4:48	4 4:49 AM 7:21 4:48	5 3:55 AM 7:22 4:48	6 3:46 AM 7:22 4:49
20 7 L	21 8 L	22 8 L	23 9 L	24 10 R	25 11 R	26 12 R
7 4:24 AM 7:23 4:49	8 5:47 AM 7:23 4:50	9 7:46 AM 7:24 4:50	10 10:11 AM 7:24 4:51	11 12:49 PM 7:25 4:51	12 3:26 PM 7:25 4:52	13 5:50 PM 7:26 4:53
27 13 L	28 14 L	29 15 L	30 16 R	31 17 R	1 18 R	2 19 L
14 7:52 PM 7:26 4:53	15 9:26 PM 7:26 4:54	16 10:29 PM 7:26 4:55	17 11:02 PM 7:27 4:56	18 11:05 PM 7:27 4:56	19 10:41 PM 7:27 4:57	20 9:54 PM 7:27 4:58

15 22 R	16 23 R	17 24 R	18 25 L	19 26 L	20 27 L	21 28 R
23 5:51 PM 7:19 7:16	24 5:31 PM 7:17 7:17	25 5:55 PM 7:16 7:18	26 6:58 PM 7:14 7:19	27 8:31 PM 7:13 7:20	28 10:27 PM 7:11 7:21	7:10 7:22
22 29 R	23 30 R					
29 12:40 AM 7:08 7:23	30 3:02 AM 7:06 7:24	1 5:29 AM				
		◊ Feb. 24: Chandra Darshan				

March 24, 2020 — April 22, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		24 1 *L	25 1 L	26 2 L	27 3 L	28 4 R
		1 5:29 AM 7:05	2 7:58 AM 7:03 ◇ 7:25	3 10:25 AM 7:02	4 12:44 PM 7:00	5 2:49 PM 7:28
29 5 R	30 6 R	31 7 L	1 8 L	2 9 L	3 10 R	4 11 R
6 4:33 PM 6:57	7 5:46 PM 6:56	8 6:21 PM 6:54	9 6:12 PM 6:52	10 5:15 PM 6:51	11 3:30 PM 6:49	12 1:02 PM 6:48
5 12 R	6 14 L	7 15 L	8 16 R	9 17 R	10 18 R	11 19 L
13 9:57 AM 6:46	14 6:24 AM 6:45	15 2:33 AM 16 10:36 PM 6:43	17 6:45 PM 6:42	18 3:10 PM 6:40	19 12:03 PM 6:39	20 9:33 AM 7:42

6 21 L	7 22 R	8 24 R	9 25 L	10 26 L	11 27 L	12 28 R
22 9:17 AM 7:13	23 8:19 AM 7:14	24 6:49 AM 7:15	25 4:49 AM 7:15	26 2:23 AM 27 11:36 PM 7:16	28 8:34 PM 7:17	29 5:24 PM 4:47
13 29 R	14 30 R					
30 2:16 PM 7:19	1 11:18 AM 4:47					
◇ Nov. 15: Chandra Darshan						

November 15, 2020 — December 14, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 1 L 1 12:08 AM 2 8:38 PM 6:51 4:54	16 2 L 3 5:28 PM 6:52 ◊ 4:53	17 3 L 4 2:49 PM 6:54 4:53	18 4 R 5 12:48 PM 6:55 4:52	19 5 R 6 11:31 AM 6:56 4:51	20 6 R 7 11:01 AM 6:57 4:51	21 7 L 8 11:20 AM 6:58 4:50
22 8 L 9 12:23 PM 6:59 4:50	23 9 L 10 2:04 PM 7:00 4:49	24 10 R 11 4:14 PM 7:01 4:49	25 11 R 12 6:42 PM 7:02 4:48	26 12 R 13 9:18 PM 7:03 4:48	27 13 L 14 11:53 PM 7:04 4:48	28 14 L 7:05 4:47
29 15 L 15 2:19 AM 7:06 4:47	30 16 R 16 4:31 AM 7:07 4:47	1 17 R 17 6:23 AM 7:08 4:46	2 17 R 18 7:54 AM 7:09 4:46	3 18 R 19 8:58 AM 7:10 4:46	4 19 L 20 9:35 AM 7:11 4:46	5 20 L 21 9:42 AM 7:12 4:46

12 20 L 21 7:47 AM 6:36 7:43	13 21 L 22 6:50 AM 6:34 7:44	14 22 R 23 6:43 AM 6:33 7:45	15 23 R 24 7:23 AM 6:31 7:46	16 24 R 25 8:43 AM 6:30 7:47	17 25 L 26 10:35 AM 6:28 7:48	18 26 L 27 12:49 PM 6:27 7:49
19 27 L 28 3:15 PM 6:26 7:50	20 28 R 29 5:43 PM 6:24 7:51	21 29 R 30 8:09 PM 6:23 7:52	22 30 R 1 10:27 PM 6:21 7:53			
◊ Mar. 25: Chandra Darshan						

April 23, 2020 — May 22, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				23 1 L	24 2 L	25 3 L
			1 10:27 PM	6:20 7:54	2 12:33 AM ◇ 7:54	3 2:23 AM 7:55
26 4 R	27 5 R	28 6 R	29 7 *L	30 8 L	1 9 L	2 10 R
4 3:54 AM 6:16 7:56	5 5:01 AM 6:15 7:57	6 5:40 AM 6:14 7:58	7 5:44 AM 6:12 7:59	8 5:11 AM 6:11 8:00	9 3:58 AM 6:10 8:01	10 2:07 AM 11 11:41 PM 8:02
3 11 R	4 12 R	5 13 L	6 14 L	7 15 L	8 17 R	9 18 R
12 8:44 PM 6:08 8:03	13 5:25 PM 6:07 8:04	14 1:53 PM 6:05 8:05	15 10:16 AM 6:04 8:06	16 6:46 AM 6:03 8:07	17 3:33 AM 6:02 8:08	18 12:47 AM 19 10:36 PM 8:09

1 16 R	2 17 R	3 18 R	4 19 L	5 20 L	6 21 L	7 22 R	
17 12:22 PM 6:36 5:07	18 2:45 PM 6:37 5:06	19 4:56 PM 6:38 5:05	20 6:46 PM 6:39 5:04	21 8:08 PM 6:40 5:03	22 8:55 PM 6:41 5:02	23 9:01 PM 6:43 5:01	
8 23 R	9 24 R	10 25 L	11 26 L	12 27 L	13 28 R	14 30 R	
24 8:22 PM 6:44 5:00	25 6:59 PM 6:45 4:59	26 4:54 PM 6:46 4:58	27 2:13 PM 6:47 4:57	28 11:02 AM 6:48 4:56	29 7:31 AM 6:49 4:56	30 3:49 AM 6:50 4:55	
		◇ Oct. 17: Chandra Darshan					
1 12:08 AM 2 8:38 PM							

October 17, 2020 — November 14, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						17 1 L 1 3:32 PM 2 11:40 AM 7:20 ◊ 6:26
18 2 L 3 7:59 AM 7:21 6:25	19 4 R 4 4:39 AM 7:22 6:24	20 5 R 5 1:50 AM 6 11:39 PM 7:23 6:22	21 6 R 7 10:11 PM 7:24 6:21	22 7 L 8 9:29 PM 7:25 6:20	23 8 L 9 9:31 PM 7:26 6:18	24 9 L 10 10:13 PM 7:27 6:17
25 10 R 11 11:32 PM 7:28 6:16	26 11 R 7:29 6:14	27 12 R 12 1:18 AM 7:31 6:13	28 13 L 13 3:26 AM 7:32 6:12	29 14 L 14 5:47 AM 7:33 6:11	30 14 L 15 8:17 AM 7:34 6:10	31 15 L 16 10:50 AM 7:35 6:08

10 19 L 20 9:07 PM 6:00 8:10	11 20 L 21 8:25 PM 5:59 8:11	12 21 L 22 8:31 PM 5:58 8:12	13 22 R 23 9:23 PM 5:57 8:13	14 23 R 24 10:54 PM 5:56 8:13	15 24 R 5:55 8:14	16 25 L 25 12:55 AM 5:55 8:15
17 26 L 26 3:14 AM 5:54 8:16	18 27 L 27 5:40 AM 5:53 8:17	19 27 L 28 8:03 AM 5:52 8:18	20 28 R 29 10:14 AM 5:51 8:19	21 29 R 30 12:08 PM 5:51 8:20	22 30 R 1 1:40 PM 5:50 8:20	
		◊ Apr. 24: Chandra Darshan				

May 23, 2020 — June 20, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						23 1 L 1 1:40 PM 2 2:49 PM 5:49 ♦ 8:21
24 2 L	25 3 L	26 4 R	27 5 R	28 6 R	29 7 L	30 8 L
3 3:32 PM 5:49 8:22	4 3:50 PM 5:48 8:23	5 3:40 PM 5:48 8:24	6 3:04 PM 5:47 8:24	7 1:59 PM 5:46 8:25	8 12:27 PM 5:46 8:26	9 10:29 AM 5:45 8:27
31 9 L	1 11 R	2 12 R	3 13 L	4 14 L	5 15 L	6 16 R
10 8:08 AM 5:45 8:27	11 5:29 AM 5:45 8:28	12 2:36 AM 13 11:37 PM 5:44 8:29	14 8:38 PM 5:44 8:29	15 5:47 PM 5:44 8:30	16 3:14 PM 5:43 8:31	17 1:04 PM 5:43 8:31

4 18 R	5 19 L	6 20 L	7 21 L	8 22 *R	9 22 R	10 23 R
7:07 6:46	19 12:34 AM 7:08 6:44	20 3:04 AM 7:09 6:43	21 5:19 AM 7:10 6:41	22 7:08 AM 7:11 6:40	23 8:21 AM 7:12 6:38	24 8:48 AM 7:13 6:37
11 24 R	12 26 L	13 27 L	14 28 R	15 29 R	16 30 R	
25 8:25 AM 7:14 6:35	26 7:10 AM 7:15 6:34	27 5:07 AM 7:16 6:32	28 2:23 AM 29 11:05 PM 7:17 6:31	30 7:24 PM 7:18 6:29	1 3:32 PM 7:19 6:28	
		♦ Sept. 18: Chandra Darshan				

September 18, 2020 — October 16, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					18 2 L	19 3 L
				1 7:01 AM	2 3:22 AM 3 11:42 PM 6:53 ◊ 7:11	4 8:11 PM 6:54 7:10
20 4 R	21 5 R	22 6 R	23 7 L	24 8 L	25 9 L	26 10 R
5 4:59 PM 6:54 7:08	6 2:14 PM 6:55 7:06	7 12:03 PM 6:56 7:05	8 10:29 AM 6:57 7:03	9 9:33 AM 6:58 7:01	10 9:15 AM 6:59 7:00	11 9:31 AM 7:00 6:58
27 11 R	28 12 R	29 13 L	30 14 L	1 15 L	2 16 R	3 17 R
12 10:18 AM 7:01 6:57	13 11:30 AM 7:02 6:55	14 1:05 PM 7:03 6:54	15 2:58 PM 7:04 6:52	16 5:06 PM 7:05 6:50	17 7:28 PM 7:05 6:49	18 9:59 PM 7:06 6:47

7 17 R	8 18 R	9 19 L	10 20 L	11 21 L	12 22 R	13 23 R
18 11:27 AM 5:43 8:32	19 10:28 AM 5:43 8:32	20 10:10 AM 5:43 8:33	21 10:36 AM 5:42 8:33	22 11:43 AM 5:42 8:34	23 1:24 PM 5:42 8:34	24 3:31 PM 5:42 8:35
14 24 R	15 25 L	16 26 L	17 27 L	18 28 R	19 29 R	20 30 R
25 5:51 PM 5:42 8:35	26 8:12 PM 5:42 8:36	27 10:22 PM 5:42 8:36	5:43 8:36	28 12:11 AM 5:43 8:36	29 1:33 AM 5:43 8:37	30 2:24 AM 5:43 8:37
		◊ May 23: Chandra Darshan				

June 21, 2020 — July 20, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 1 L	22 2 L	23 3 L	24 4 R	25 5 R	26 6 R	27 7 L
1 2:43 AM 5:43 8:37	2 2:31 AM 5:43 ◊ 8:37	3 1:51 AM 5:44 8:38	4 12:46 AM 5 11:19 PM 5:44 8:38	6 9:35 PM 5:44 8:38	7 7:35 PM 5:45 8:38	8 5:25 PM 5:45 8:38
28 8 L	29 9 L	30 10 R	1 11 R	2 12 R	3 14 L	4 15 L
9 3:07 PM 5:45 8:38	10 12:45 PM 5:46 8:38	11 10:21 AM 5:46 8:38	12 8:01 AM 5:47 8:38	13 5:48 AM 5:47 8:37	14 3:48 AM 5:48 8:37	15 2:05 AM 5:48 8:37
5 16 R	6 17 R	7 18 R	8 19 L	9 20 L	10 21 L	11 22 *R
16 12:46 AM 17 11:54 PM 5:49 8:37	18 11:34 PM 5:49 8:37	19 11:50 PM 5:50 8:36	5:51 8:36	20 12:43 AM 5:51 8:36	21 2:10 AM 5:52 8:35	22 4:05 AM 5:53 8:35

6 19 L	7 20 L	8 21 L	9 22 R	10 23 R	11 24 R	12 25 L
20 9:38 AM 6:42 7:30	21 12:10 PM 6:43 7:29	22 2:34 PM 6:44 7:27	23 4:37 PM 6:45 7:26	24 6:06 PM 6:46 7:24	25 6:51 PM 6:46 7:22	26 6:46 PM 6:47 7:21
13 26 L	14 27 L	15 28 R	16 29 R	17 30 R		
27 5:48 PM 6:48 7:19	28 4:01 PM 6:49 7:18	29 1:32 PM 6:50 7:16	30 10:28 AM 6:51 7:14	1 7:01 AM 6:52 7:13		
		◊ Aug. 19: Chandra Darshan ◊ Aug. 21: Ganesha Chaturthi				

August 19, 2020 — September 17, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			19 1 L	20 2 L	21 3 L	22 4 R
		1 10:43 PM	2 7:51 PM 6:26 ◊ 7:57	3 4:45 PM 6:27 7:56	4 1:34 PM 6:28 ◊ 7:54	5 10:29 AM 6:29 7:53
23 5 R	24 7 *L	25 8 L	26 9 L	27 10 R	28 11 R	29 12 R
6 7:36 AM 6:29 7:51	7 5:03 AM 6:30 7:50	8 2:53 AM 6:31 7:49	9 1:11 AM 10 11:57 PM 6:32 7:47	11 11:10 PM 6:33 7:46	12 10:49 PM 6:34 7:44	13 10:53 PM 6:35 7:43
30 13 L	31 14 L	1 15 L	2 16 R	3 17 R	4 18 R	5 18 R
14 11:20 PM 6:36 7:41		15 12:10 AM 6:38 7:38	16 1:23 AM 6:38 7:37	17 2:58 AM 6:39 7:35	18 4:55 AM 6:40 7:33	19 7:10 AM 6:41 7:32

12 22 R	13 23 R	14 24 R	15 25 L	16 26 L	17 27 L	18 28 R
23 6:19 AM 5:53 8:34	24 8:41 AM 5:54 8:34	25 10:56 AM 5:55 8:33	26 12:51 PM 5:56 8:33	27 2:17 PM 5:56 8:32	28 3:05 PM 5:57 8:32	29 3:13 PM 5:58 8:31
19 29 R	20 30 R					
30 2:42 PM 5:59 8:30	1 1:34 PM 5:59 8:30					
◊ June 22: Chandra Darshan						

July 21, 2020 — August 18, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		21 1 L	22 2 L	23 3 L	24 5 R	25 6 R
	1 1:34 PM	2 11:56 AM 6:00 ◊ 8:29	3 9:54 AM 6:01 8:28	4 7:35 AM 6:02 8:27	5 5:06 AM 6:03 8:26	6 2:34 AM 6:03 8:26
26 7 L	27 8 L	28 9 L	29 10 R	30 11 R	31 12 R	1 13 L
7 12:04 AM 8 9:41 PM 6:04 8:25	9 7:29 PM 6:05 8:24	10 5:31 PM 6:06 8:23	11 3:48 PM 6:07 8:22	12 2:22 PM 6:08 8:21	13 1:14 PM 6:09 8:20	14 12:26 PM 6:10 8:19
2 14 L	3 15 L	4 16 R	5 17 R	6 18 R	7 19 L	8 20 L
15 12:01 PM 6:10 8:18	16 12:00 PM 6:11 8:17	17 12:26 PM 6:12 8:16	18 1:22 PM 6:13 8:15	19 2:47 PM 6:14 8:14	20 4:38 PM 6:15 8:12	21 6:50 PM 6:16 8:11

9 21 L	10 22 R	11 23 R	12 24 R	13 25 L	14 26 L	15 27 L
22 9:15 PM 6:17 8:10	23 11:38 PM 6:18 8:09		24 1:48 AM 6:19 8:06	25 3:30 AM 6:20 8:05	26 4:34 AM 6:21 8:04	27 4:52 AM 6:22 8:02
16 28 R	17 29 R	18 30 R				
28 4:22 AM 6:23 8:01	29 3:07 AM 6:24 8:00	30 1:11 AM 1 10:43 PM 6:25 7:58				
◊ July 21: Chandra Darshan						