

Lunar Breath Calendar

for Brain Hemisphere Synchronization
and the Practice of Svara Yoga

2022

Authors / Sources

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<http://www.sics.se/~piak/yoga/yantra/>

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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

One form of lunar month starts and ends with a new moon. It is divided into 30 *tithi*-s, each marking the angle between sun and moon moving through 12°. A *tithi* lasts from 20 to 27 hours. They are counted from 1 to 30 in this calendar (vs. 1-15, 1-15 that some use).

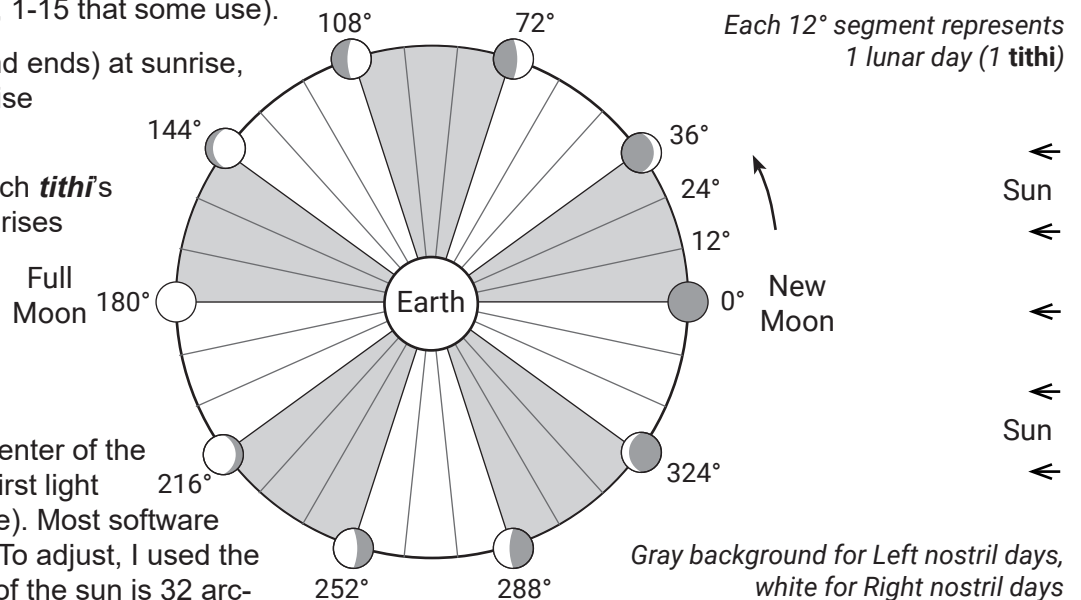
In India, the solar day begins (and ends) at sunrise, not at midnight. The *tithi* at sunrise applies for that (solar) day.

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

For *tithi*-s, sunrise is when the center of the sun is crossing the horizon, not first light (when the top of the sun is visible). Most software determines sunrise as first light. To adjust, I used the following: The angular diameter of the sun is 32 arc-minutes. By calculating sunrise for a location 16 minutes West of a target location, first light there occurs when the sun is mid-horizon at the target location.

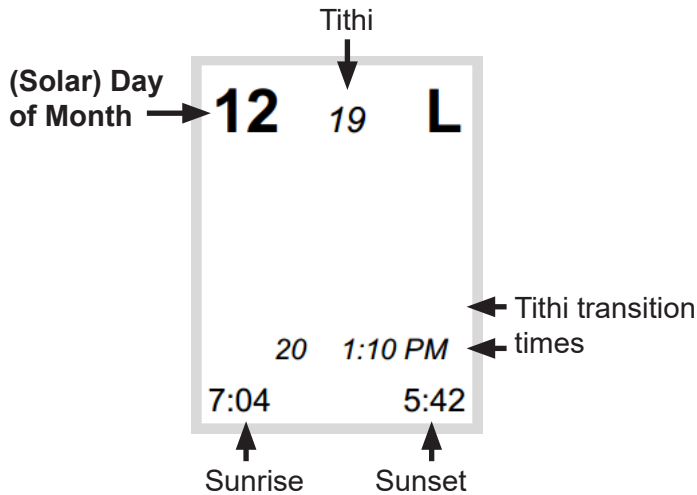
New & Full moon are at times given for tithis 1 and 16.

How the Lunar Day (*Tithi*) is Determined



Harish Johari taught me how to determine *tithis*. His most relevant book is *Breath, Mind and Consciousness*. Destiny Books, 1989. ISBN 0-89281-252-4

Calendar Page Information



On the calendar pages, each (solar) day has a box with this information:

- Upper left: the calendar day.
- Upper middle: the lunar day (*tithi*) (see *inside back cover*)
- Upper right: **L**(eft) or **R**(ight), for the preferred nostril for that sunrise. An asterisk (e.g., ***R**) marks a day when the *tithi* changed within the 2 hours before sunrise. 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.
- Lower middle: tithi number and start-of-transition times (zero to two instances) that occur, midnight to midnight.
- Lower left: sunrise (first light)
- Lower right: sunset (last light)

The starting times for tithis 1 and 16 are the New and Full Moon times.

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.

Breath Awareness

Parāhamsaḥ¹ is one of the names of **Paramaśiva** who as **Haṁsaḥ** (**Śiva** and **Śakti**) creates and transforms this universe, by way of the Supreme Breath.

Haṁ represents the great outgoing breath, marking the duration of the creator's life.

Saḥ is the indrawing Supreme breath that transforms/annihilates what was created.

In the **Veda**-s **Hamsaḥ** has been called **R̥tam br̥hat**, Great Cosmic Law. **Haṁsaḥ** also appears as the **Jiva** (individual soul) situated in the **Hṛt Cakra**².

The sound of **prāṇa** in **Jiva**'s breath is the mantra

Sohaṁ (the I am, referring to **Śiva**) or

Sahaṁ (the I am, in reference to **Śakti**).

So or **Sa** can be heard in the inhale breath and **Haṁ** in the exhale breath.

Over many lifetimes, the **Jiva** learns to tune the internal vital current, the **prāṇa**, to the great

Notes

- 1 **Parā**: utmost reach, highest extent/extension, beyond **Harṁsa**: 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.
- 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 **Sushumṇa**: 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 **Jagriti 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).

December 4, 2021 — January 2, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						4 1 L 1 2:44 AM 2 10:59 PM 7:11 4:46
5 2 L	6 3 L	7 4 R	8 5 R	9 6 R	10 7 L	11 8 L
3 7:22 PM 7:12 ◊ 4:46	4 4:03 PM 7:13 4:46	5 1:12 PM 7:14 4:46	6 10:58 AM 7:14 4:46	7 9:26 AM 7:15 4:46	8 8:41 AM 7:16 4:46	9 8:45 AM 7:17 4:46
12 9 L	13 10 R	14 11 R	15 12 R	16 13 L	17 14 L	18 15 L
10 9:34 AM 7:18 4:46	11 11:04 AM 7:18 4:47	12 1:07 PM 7:19 4:47	13 3:33 PM 7:20 4:47	14 6:12 PM 7:20 4:47	15 8:56 PM 7:21 4:48	16 11:37 P 7:22 4:48

12 22 R	13 23 R	14 24 R	15 25 L	16 26 L	17 27 L	18 28 R
23 11:17 PM 7:03 5:42	24 10:36 PM 7:02 5:43	25 9:11 PM 7:01 5:44	26 7:04 PM 7:00 5:45	27 4:21 PM 6:59 5:46	28 1:08 PM 6:57 5:48	29 9:34 AM 6:56 5:49
19 30 R						
30 5:50 AM 6:55 5:50	1 2:07 AM					
		◊ Jan. 22: Chandra Darshan				

January 22, 2023 — February 19, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 1 L 2 11:59 AM 7:22 ◊ 5:18	23 2 L 3 8:15 AM 7:22 5:19	24 4 R 4 4:54 AM 7:21 5:20	25 5 R 5 2:06 AM 7:20 5:21	26 6 R 6 12:00 AM 7 10:42 PM 7:20 5:22	27 7 L 8 10:15 PM 7:19 5:23	28 8 L 9 10:37 PM 7:18 5:25
29 9 L 10 11:43 PM 7:17 5:26	30 10 R 7:17 5:27	31 11 R 11 1:26 AM 7:16 5:28	1 12 R 12 3:34 AM 7:15 5:29	2 13 *L 13 5:58 AM 7:14 5:30	3 13 L 14 8:29 AM 7:13 5:32	4 14 L 15 11:02 AM 7:12 5:33
5 15 L 16 1:30 PM 7:11 5:34	6 16 R 17 3:50 PM 7:10 5:35	7 17 R 18 6:00 PM 7:09 5:36	8 18 R 19 7:55 PM 7:08 5:37	9 19 L 20 9:30 PM 7:07 5:38	10 20 L 21 10:40 PM 7:06 5:40	11 21 L 22 11:17 PM 7:05 5:41

19 16 R 7:22 4:49	20 17 R 17 2:08 AM 7:23 4:49	21 18 R 18 4:25 AM 7:23 4:50	22 19 *L 19 6:24 AM 7:24 4:50	23 19 L 20 7:59 AM 7:24 4:51	24 20 L 21 9:06 AM 7:25 4:51	25 21 L 22 9:41 AM 7:25 4:52
26 22 R 23 9:40 AM 7:25 4:52	27 23 R 24 9:00 AM 7:26 4:53	28 24 R 25 7:41 AM 7:26 4:54	29 26 L 26 5:44 AM 7:26 4:55	30 27 L 27 3:12 AM 7:27 4:55	31 28 R 28 12:11 AM 29 8:49 PM 7:27 4:56	1 29 R 30 5:13 PM 7:27 4:57
2 30 R 1 1:35 PM 7:27 4:58	◊ Dec. 5: Chandra Darshan					

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

January 3, 2022 — January 31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 1 L	4 3 L	5 4 R	6 5 R	7 6 R	8 7 L
1 1:35 PM 7:27	2 10:04 AM 7:27 ◇ 4:59	3 6:51 AM 7:27 4:59	4 4:06 AM 7:27 5:00	5 2:01 AM 7:27 5:01	6 12:42 AM 7:27 5:02	7 12:15 AM 7:27 5:03
9 8 L	10 9 L	11 10 R	12 11 R	13 11 R	14 12 R	15 13 L
8 12:41 AM 7:27 5:04	9 1:56 AM 7:27 5:05	10 3:53 AM 7:27 5:06	11 6:21 AM 7:26 5:07	12 9:04 AM 7:26 5:08	13 11:51 AM 7:26 5:09	14 2:29 PM 7:25 5:10
16 14 L	17 15 L	18 16 R	19 17 R	20 18 R	21 19 L	22 20 L
15 4:50 PM 7:25 5:11	16 6:50 PM 7:25 5:12	17 8:25 PM 7:24 5:13	18 9:37 PM 7:24 5:15	19 10:23 PM 7:23 5:16	20 10:46 PM 7:23 5:17	21 10:44 PM 7:22 5:18

8 17 R	9 18 R	10 19 L	11 20 L	12 21 L	13 21 L	14 22 R
18 11:11 PM 7:27 5:03		19 1:41 AM 7:27 5:05	20 4:03 AM 7:27 5:06	21 6:09 AM 7:26 5:07	22 7:49 AM 7:26 5:08	23 8:54 AM 7:26 5:09
15 23 R	16 24 R	17 25 L	18 27 L	19 28 R	20 29 R	21 30 R
24 9:17 AM 7:25 5:10	25 8:52 AM 7:25 5:11	26 7:37 AM 7:25 5:12	27 5:34 AM 7:24 5:13	28 2:50 AM 29 11:31 PM 7:24 5:14	30 7:49 PM 7:23 5:15	1 3:54 PM 7:23 5:17
		◇ Dec. 24: Chandra Darshan				

December 23, 2022 — January 21, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					23 1 L	24 2 L 2 1:38 AM 3 9:56 PM 7:24 4:50 7:25 ◇ 4:51
25 3 L	26 4 R	27 5 R	28 6 R	29 7 L	30 8 L	31 9 L
4 6:23 PM 7:25 4:52	5 3:09 PM 7:25 4:52	6 12:25 PM 7:26 4:53	7 10:16 AM 7:26 4:54	8 8:49 AM 7:26 4:54	9 8:06 AM 7:27 4:55	10 8:05 AM 7:27 4:56
1 10 R	2 11 R	3 12 R	4 13 L	5 14 L	6 15 L	7 16 R
11 8:43 AM 7:27 4:57	12 9:55 AM 7:27 4:57	13 11:34 AM 7:27 4:58	14 1:32 PM 7:27 4:59	15 3:46 PM 7:27 5:00	16 6:09 PM 7:27 5:01	17 8:39 PM 7:27 5:02

23 21 L	24 22 R	25 23 R	26 24 R	27 25 L	28 26 L	29 27 L
22 10:15 PM 7:21 5:19	23 9:20 PM 7:21 5:20	24 7:57 PM 7:20 5:21	25 6:06 PM 7:19 5:23	26 3:48 PM 7:19 5:24	27 1:07 PM 7:18 5:25	28 10:09 AM 7:17 5:26
30 29 R	31 30 R					
29 7:00 AM 7:16 5:27	30 3:50 AM 7:15 5:28	1 12:47 AM				
		◇ Jan. 3: Chandra Darshan				

February 1, 2022 — March 2, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1 L	2 2 L	3 3 L	4 4 R	5 5 R
		1 12:47 AM 2 10:03 PM 7:15 5:29	3 7:47 PM ◇ 5:31	4 6:10 PM 5:32	5 5:19 PM 5:33	6 5:18 PM 5:34
6 6 R	7 7 L	8 8 L	9 9 L	10 10 R	11 11 R	12 12 R
7 6:10 PM 7:10 5:35	8 7:48 PM 7:09 5:36	9 10:02 PM 7:08 5:38	7:07 5:39	10 12:40 AM 7:06 5:40	11 3:24 AM 7:04 5:41	12 5:59 AM 7:03 5:42
13 12 R	14 13 L	15 14 L	16 15 L	17 16 R	18 17 R	19 18 R
13 8:14 AM 7:02 5:43	14 10:00 AM 7:01 5:44	15 11:14 AM 7:00 5:46	16 11:58 A 6:58 5:47	17 12:12 PM 6:57 5:48	18 12:01 PM 6:56 5:49	19 11:28 AM 6:55 5:50

11 19 *L	12 19 L	13 20 L	14 21 L	15 22 R	16 23 R	17 24 R
19 5:46 AM 7:17 4:46	20 8:20 AM 7:17 4:46	21 10:53 AM 7:18 4:47	22 1:14 PM 7:19 4:47	23 3:11 PM 7:20 4:47	24 4:34 PM 7:20 4:47	25 5:13 PM 7:21 4:48
18 25 L	19 26 L	20 27 L	21 28 R	22 29 R		
26 5:04 PM 7:22 4:48	27 4:04 PM 7:22 4:49	28 2:17 PM 7:23 4:49	29 11:48 AM 7:23 4:49	30 8:45 AM 7:24 4:50	1 5:18 AM	
		◇ Nov. 25: Chandra Darshan				

November 24, 2022 — December 22, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				24 1 L	25 2 L	26 3 L
			1 5:58 PM	2 3:09 PM 7:01 4:49	3 12:07 PM 7:02 ◊ 4:49	4 9:00 AM 7:03 4:48
27 5 R	28 6 R	29 7 L	30 8 L	1 9 L	2 10 R	3 11 R
5 5:57 AM 7:04 4:48	6 3:07 AM 7:05 4:47	7 12:36 AM 8 10:30 PM 7:06 4:47	9 8:53 PM 7:07 4:47	10 7:46 PM 7:08 4:47	11 7:11 PM 7:09 4:46	12 7:06 PM 7:10 4:46
4 12 R	5 13 L	6 14 L	7 15 L	8 16 R	9 17 R	10 18 R
13 7:29 PM 7:11 4:46	14 8:19 PM 7:12 4:46	15 9:33 PM 7:12 4:46	16 11:09 P 7:13 4:46		17 1:06 AM 7:15 4:46	18 3:19 AM 7:16 4:46

20 19 L	21 20 L	22 21 L	23 23 R	24 24 R	25 25 L	26 26 L
20 10:37 AM 6:53 5:51	21 9:29 AM 6:52 5:52	22 8:06 AM 6:51 5:53	23 6:28 AM 6:49 5:54	24 4:35 AM 6:48 5:56	25 2:29 AM 6:47 5:57	26 12:11 AM 27 9:44 PM 6:45 5:58
27 27 L	28 28 R	1 29 R	2 30 R			
28 7:14 PM 6:44 5:59	29 4:48 PM 6:42 ◊ 6:00	30 2:32 PM 6:41 6:01	1 12:36 PM 6:39 6:02			
		◊ Feb. 2: Chandra Darshan ◊ Feb 28: Maha Shivaratri				

March 3, 2022 — March 31, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3 1 L	4 2 L	5 3 L
			1 12:36 PM	2 11:08 AM 6:38 ◊ 6:03	3 10:17 AM 6:37 6:04	4 10:07 AM 6:35 6:05
6 4 R	7 5 R	8 6 R	9 7 L	10 8 L	11 9 L	12 10 R
5 10:44 AM 6:34 6:06	6 12:04 PM 6:32 6:07	7 2:03 PM 6:31 6:08	8 4:28 PM 6:29 6:09	9 7:06 PM 6:27 6:10	10 9:39 PM 6:26 6:11	11 11:53 PM 6:24 6:12
13 11 R	14 12 R	15 13 L	16 14 L	17 15 L	18 16 R	19 17 R
11 12:53 AM 7:23 7:13	12 2:37 AM 7:21 7:14	13 3:44 AM 7:20 7:15	14 4:11 AM 7:18 7:16	15 4:01 AM 7:17 7:17	16 3:19 AM 7:15 7:18	17 2:09 AM 7:14 7:19

13 20 L	14 21 L	15 22 R	16 23 R	17 24 R	18 25 L	19 26 L
21 2:23 PM 6:49 4:56	22 4:55 PM 6:50 4:55	23 7:21 PM 6:51 4:54	24 9:29 PM 6:52 4:54	25 11:05 PM 6:53 4:53		26 12:01 AM 6:54 4:52 6:55 4:52
20 27 L	21 28 R	22 29 R	23 30 R			
27 12:13 AM 28 11:39 PM 6:56 4:51	29 10:21 PM 6:57 4:51	30 8:25 PM 6:58 4:50	1 5:58 PM 7:00 4:49			
		◊ Nov. 6: Chandra Darshan				

October 25, 2022 — November 23, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		25 1 *L	26 2 L	27 3 L	28 4 R	29 5 R
		1 6:50 AM 7:28	2 5:14 AM ◇ 6:15	3 3:17 AM 6:14	4 1:05 AM 5 10:45 PM 6:13	6 8:21 PM 6:11
30 6 R	31 7 L	1 8 L	2 9 L	3 10 R	4 11 R	5 13 *L
7 5:59 PM 7:33	8 3:43 PM 7:34	9 1:36 PM 7:35	10 11:41 AM 7:36	11 10:02 AM 7:38	12 8:40 AM 7:39	13 7:39 AM 6:03
6 14 L	7 15 L	8 16 *R	9 16 R	10 17 R	11 18 R	12 19 L
14 6:00 AM 6:41	15 5:48 AM 6:42	16 6:03 AM 5:00	17 6:49 AM 5:00	18 8:05 AM 4:59	19 9:49 AM 4:58	20 11:58 AM 4:57

20 18 R	21 19 L	22 20 L	23 21 L	24 22 R	25 23 R	26 24 R
18 12:38 AM 19 10:52 PM 7:12	20 8:56 PM 7:10	21 6:53 PM 7:09	22 4:48 PM 7:07	23 2:41 PM 7:06	24 12:36 PM 7:04	25 10:33 AM 7:03
27 25 L	28 27 L	29 28 *R	30 29 R	31 30 R		
26 8:36 AM 7:01	27 6:47 AM 6:59	28 5:10 AM 6:58	29 3:51 AM 6:56	30 2:54 AM 6:55	1 2:26 AM	
		◇ Mar. 3: Chandra Darshan				

April 1, 2022 — April 30, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1 L	2 2 L
					1 2:26 AM 6:53 7:32	2 2:30 AM ◇ 7:33
3 3 L	4 4 R	5 5 R	6 5 R	7 6 R	8 7 L	9 8 L
3 3:10 AM 6:50 7:34	4 4:27 AM 6:49 7:35	5 6:17 AM 6:47 7:36	6 8:33 AM 6:45 7:37	7 11:04 AM 6:44 7:38	8 1:37 PM 6:42 7:39	9 3:56 PM 6:41 7:40
10 9 L	11 10 R	12 11 R	13 12 R	14 13 L	15 14 L	16 15 L
10 5:47 PM 6:39 7:40	11 7:02 PM 6:38 7:41	12 7:34 PM 6:36 7:42	13 7:21 PM 6:35 7:43	14 6:27 PM 6:33 7:44	15 4:57 PM 6:32 7:45	16 2:56 PM 6:31 7:46

16 22 R	17 23 R	18 24 R	19 25 L	20 26 L	21 26 L	22 27 L
	23 12:02 AM 7:19 6:28	24 2:30 AM 7:21 6:26	25 4:45 AM 7:22 6:24	26 6:36 AM 7:23 6:23	27 7:54 AM 7:24 6:22	28 8:34 AM 7:25 6:20
23 28 R	24 29 R					
29 8:35 AM 7:26 6:19	30 7:59 AM 7:27 6:18	1 6:50 AM				
		◇ Sept. 26: Navaratri, Day 1 ◇ Sept. 27: Chandra Darshan		◇ Oct. 5: Navaratri, Day 10, India		

September 26, 2022 — October 24, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	26 1 L	27 2 L	28 3 L	29 4 R	30 5 R	1 6 R
1 5:56 PM 7:05	2 5:40 PM 6:59	3 5:00 PM 7:00	4 3:59 PM 7:01	5 2:41 PM 7:02	6 1:06 PM 7:03	7 11:19 AM 7:04
2 7 L	3 8 L	4 10 R	5 11 R	6 12 R	7 13 L	8 14 L
8 9:19 AM 7:05	9 7:09 AM 7:06	10 4:53 AM 7:07	11 2:32 AM 7:08	12 12:12 AM 7:09	13 9:58 PM 7:10	14 7:57 PM 7:11
9 15 L	10 16 R	11 17 R	12 18 R	13 19 L	14 20 L	15 21 L
16 4:56 PM 7:12	17 4:10 PM 7:13	18 4:01 PM 7:14	19 4:31 PM 7:15	20 5:40 PM 7:16	21 7:24 PM 7:17	22 9:35 PM 7:18

17 16 R	18 17 R	19 18 R	20 20 L	21 21 L	22 22 R	23 23 R
17 12:33 PM 6:29	18 9:55 AM 6:28	19 7:10 AM 6:26	20 4:24 AM 6:25	21 1:44 AM 6:24	22 11:14 PM 6:22	23 8:59 PM 6:21
24 24 R	25 25 L	26 26 L	27 27 L	28 28 R	29 29 R	30 30 R
25 5:24 PM 6:19	26 4:10 PM 6:18	27 3:20 PM 6:17	28 2:55 PM 6:16	29 2:58 PM 6:14	30 3:29 PM 6:13	1 4:29 PM 6:12
◇ Apr. 2: Chandra Darshan						

May 1, 2022 — May 30, 2022

Sunday			Monday			Tuesday			Wednesday			Thursday			Friday			Saturday					
1	1	L	2	2	L	3	3	L	4	4	R	5	5	R	6	6	R	7	7	*L			
2 5:57 PM			3 7:50 PM			4 10:05 PM			5 12:33 AM			6 3:04 AM			7 5:28 AM								
6:11	◇	8:01	6:09		8:02	6:08		8:03	6:07		8:04	6:06		8:05	6:05		8:06	6:04		8:07			
8	7	L	9	8	L	10	9	L	11	10	R	12	11	R	13	12	R	14	14	L			
8 7:32 AM			9 9:04 AM			10 9:56 AM			11 10:03 AM			12 9:23 AM			13 7:59 AM			14 5:55 AM					
6:03		8:07	6:02		8:08	6:01		8:09	6:00		8:10	5:59		8:11	5:58		8:12	5:57		8:13			
15	15	L	16	16	R	17	17	R	18	18	R	19	19	L	20	20	L	21	22	*R			
15 3:17 AM			16 12:15 A			17 8:57 PM			18 5:32 PM			19 2:09 PM			20 10:56 AM			21 8:01 AM			22 5:31 AM		
5:56		8:14	5:55		8:15	5:54		8:16	5:53		8:17	5:53		8:17	5:52		8:18	5:51		8:19			

11	17	R	12	18	R	13	19	L	14	20	L	15	21	L	16	22	R	17	23	R
17 3:47 AM			18 2:07 AM			19 1:09 AM			20 12:57 AM			21 1:32 AM			22 2:51 AM			23 4:46 AM		
6:46		7:23	6:47		7:22	6:48		7:20	6:49		7:18	6:50		7:17	6:50		7:15	6:51		7:14
18	23	R	19	24	R	20	25	L	21	26	L	22	27	L	23	28	R	24	29	R
24 7:05 AM			25 9:34 AM			26 11:58 AM			27 2:06 PM			28 3:49 PM			29 5:02 PM			30 5:44 PM		
6:52		7:12	6:53		7:10	6:54		7:09	6:55		7:07	6:56		7:05	6:57		7:04	6:58		7:02
25	30	R	◇ Aug. 28: Chandra Darshan ◇ Aug. 30: Ganesha Chaturthi																	
1 5:56 PM																				
6:59		7:01																		

August 27, 2022 — September 25, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						27 1 L 1 4:18 AM 6:33 7:46
28 2 L	29 3 L	30 4 *R	31 5 R	1 6 R	2 7 L	3 8 L
2 5:17 AM 6:34 ◊ 7:45	3 5:52 AM 6:34 7:43	4 6:05 AM 6:35 ◊ 7:42	5 5:54 AM 6:36 7:40	6 5:21 AM 6:37 7:39	7 4:23 AM 6:38 7:37	8 3:00 AM 6:39 7:36
4 9 L	5 10 R	6 11 R	7 12 R	8 13 L	9 14 L	10 16 *R
9 1:12 AM 10 10:59 PM 6:40 7:34	11 8:26 PM 6:41 7:33	12 5:36 PM 6:42 7:31	13 2:37 PM 6:42 7:29	14 11:35 AM 6:43 7:28	15 8:39 AM 6:44 7:26	16 6:00 AM 6:45 7:25

22 23 R	23 24 R	24 25 L	25 26 L	26 27 L	27 28 R	28 29 R
23 3:31 AM 5:50 8:20	24 2:06 AM 5:50 8:21	25 1:17 AM 5:49 8:22	26 1:04 AM 5:48 8:23	27 1:26 AM 5:48 8:23	28 2:20 AM 5:47 8:24	29 3:41 AM 5:47 8:25
29 30 R	30 30 R					
30 5:27 AM 5:46 8:26	1 7:31 AM 5:46 8:26					
◊ May 1: Chandra Darshan						

May 31, 2022 — June 28, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		31 1 L	1 2 L	2 3 L	3 4 R	4 5 R
	1 7:31 AM	2 9:51 AM 5:45 ◊ 8:27	3 12:18 PM 5:45 8:28	4 2:49 PM 5:44 8:28	5 5:13 PM 5:44 8:29	6 7:24 PM 5:44 8:30
5 6 R	6 7 L	7 8 L	8 9 L	9 10 R	10 11 R	11 12 R
7 9:11 PM 5:44 8:30	8 10:27 PM 5:43 8:31	9 11:02 PM 5:43 8:32	10 10:53 PM 5:43 8:32	11 9:58 PM 5:43 8:33	12 8:17 PM 5:43 8:33	13 5:55 PM 5:42 8:34
12 13 L	13 14 L	14 15 L	15 17 R	16 18 R	17 19 L	18 20 L
14 2:58 PM 5:42 8:34	15 11:34 AM 5:42 8:35	16 7:53 AM 5:42 8:35	17 4:04 AM 5:42 8:35	18 12:17 AM 19 8:43 PM 5:42 8:36	20 5:31 PM 5:42 8:36	21 2:51 PM 5:43 8:36

14 18 R	15 19 L	16 20 L	17 21 L	18 22 R	19 23 R	20 24 R
19 1:07 PM 6:21 8:04	20 11:34 AM 6:22 8:03	21 10:49 AM 6:23 8:02	22 10:56 AM 6:24 8:01	23 11:53 AM 6:24 7:59	24 1:31 PM 6:25 7:58	25 3:41 PM 6:26 7:56
21 25 L	22 26 L	23 27 L	24 28 R	25 29 R	26 30 R	
26 6:08 PM 6:27 7:55	27 8:39 PM 6:28 7:54	28 11:02 PM 6:29 7:52	6:30 7:51	29 1:10 AM 6:31 7:49	30 2:56 AM 6:32 7:48	1 4:18 AM
◊ July 29: Chandra Darshan						

July 29, 2022 — August 26, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					29 1 L	30 2 L
				1 1:56 PM	2 3:53 PM 6:07 ◊ 8:23	3 5:32 PM 6:07 8:22
31 3 L	1 4 R	2 5 R	3 6 R	4 7 L	5 8 L	6 9 L
4 6:50 PM 6:08 8:21	5 7:45 PM 6:09 8:20	6 8:14 PM 6:10 8:19	7 8:12 PM 6:11 8:17	8 7:38 PM 6:12 8:16	9 6:28 PM 6:13 8:15	10 4:43 PM 6:14 8:14
7 10 R	8 11 R	9 12 R	10 14 L	11 15 L	12 16 R	13 17 R
11 2:22 PM 6:15 8:13	12 11:32 AM 6:15 8:12	13 8:18 AM 6:16 8:11	14 4:47 AM 6:17 8:09	15 1:10 AM 16 9:37 PM 6:18 8:08	17 6:18 PM 6:19 8:07	18 3:25 PM 6:20 8:06

19 21 L	20 22 R	21 23 R	22 24 R	23 25 L	24 26 L	25 27 L
22 12:50 PM 5:43 8:37	23 11:33 AM 5:43 8:37	24 11:02 AM 5:43 8:37	25 11:17 AM 5:43 8:37	26 12:13 PM 5:44 8:37	27 1:44 PM 5:44 8:38	28 3:42 PM 5:44 8:38
26 28 R	27 29 R	28 30 R				
29 5:57 PM 5:45 8:38	30 8:24 PM 5:45 8:38	1 10:53 PM 5:45 8:38				
◊ May 31: Chandra Darshan						

June 29, 2022 — July 28, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			29 1 L	30 2 L	1 3 L	2 3 L
		1 10:53 PM	5:46 ◊ 8:38	2 1:21 AM 5:46 8:38	3 3:41 AM 5:47 8:38	4 5:49 AM 5:47 8:38
3 4 R	4 5 R	5 6 R	6 7 L	7 8 L	8 9 L	9 10 R
5 7:38 AM 5:48 8:37	6 9:04 AM 5:48 8:37	7 10:00 AM 5:49 8:37	8 10:20 AM 5:49 8:37	9 10:00 AM 5:50 8:36	10 8:57 AM 5:50 8:36	11 7:11 AM 5:51 8:36
10 12 R	11 13 L	12 14 L	13 15 L	14 16 R	15 17 R	16 19 *L
12 4:46 AM 5:52 8:35	13 1:45 AM 14 10:18 PM 5:52 8:35	15 6:32 PM 5:53 8:35	16 2:39 PM 5:54 ◊ 8:34	17 10:48 AM 5:54 8:34	18 7:11 AM 5:55 8:33	19 3:59 AM 5:56 8:32

17 20 L	18 21 L	19 22 R	20 23 R	21 24 R	22 25 L	23 26 L
20 1:21 AM 21 11:27 PM 5:57 8:32	22 10:21 PM 5:57 8:31	23 10:08 PM 5:58 8:31	24 10:44 PM 5:59 8:30	6:00 8:29	25 12:04 AM 6:01 8:28	26 1:59 AM 6:01 8:28
24 27 L	25 27 L	26 28 R	27 29 R	28 30 R		
27 4:17 AM 6:02 8:27	28 6:47 AM 6:03 8:26	29 9:19 AM 6:04 8:25	30 11:43 AM 6:05 8:24	1 1:56 PM 6:06 8:23		
◊ June 29: Chandra Darshan ◊ July 13: Guru Purnima						