

Today's Yoga Duration: Understanding Daily Yoga and Its Influence

In **Vedic astrology**, “Yoga” refers to a specific planetary combination that influences an individual’s day, mood, and outcomes of activities. Every day, different **Yogas** occur, each carrying unique energies that impact various aspects of life. Knowing the **daily Yoga duration** helps in planning activities to align with favorable planetary positions.

According to **Panchang (Hindu calendar)**, the day is divided into **27 Yogas**, each lasting for a specific period before transitioning into the next. The **current daily Yoga** influences everything, from personal success to health, prosperity, and spiritual growth.

Yoga Durations

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Select Date:

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