

Retrograde Dates 2022

Today · May 28, 2026 — Retrograde period — Stationary — Retrograde — Direct J F M ... = months of the year

INNER PLANETS

♿ **Mercury** · Communication · Contracts · Technology 4x Rx

S Jan 13 → R Jan 14 → S Feb 4 → D Feb 5 Aquarius

S May 9 → R May 10 → S Jun 3 → D Jun 4 Gemini

S Sep 9 → R Sep 10 → S Oct 2 → D Oct 3 Libra

S Dec 28 → R Dec 29 → S Jan 10 → D Jan 11 Capricorn

↳ D Jan 11, 2023

Mercury Retrograde is an invitation to reconsider words, contracts, and plans. Avoid new starts in communication and technology. A good time for revision, review, and completing unfinished work.

♀ **Venus** · Love · Values · Beauty 1x Rx

S Dec 22 → R Dec 22 → S Jan 29 → D Jan 30 Capricorn

Venus Retrograde turns attention inward to values and relationships. Avoid new romantic commitments or major purchases. A good time to reassess what and who truly matters.

♂ **Mars** · Action · Energy · Initiative 1x Rx

S Oct 30 → R Oct 31 → S Jan 10 → D Jan 11 Gemini

↳ D Jan 11, 2023

Mars Retrograde slows initiative and redirects energy inward. Avoid launching new projects or confrontations. A good time to review strategy and consolidate existing efforts.

OUTER & SOCIAL PLANETS

♃ **Jupiter** · Expansion · Success · Wisdom 1x Rx

S Jul 28 → R Jul 29 → S Nov 24 → D Nov 25 Aries

Jupiter Retrograde turns expansion inward — reconsider beliefs and growth strategies. Success requires depth, not just enthusiasm. A good time for philosophical reflection.

♄ **Saturn** · Structure · Discipline · Karma 1x Rx

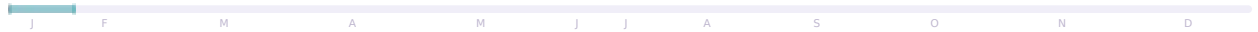
S Jun 4 → R Jun 5 → S Oct 23 → D Oct 24 Aquarius

Saturn Retrograde surfaces unfinished tasks and structural weaknesses. A good time to review commitments, work, and long-term goals. Past obligations come to the fore.

♅ **Uranus** · Change · Freedom · Innovation

2x Rx

♁ Dec 22 → ♄ Dec 22 → ♁ Jan 19 → ♃ Jan 20 Taurus



♁ Aug 24 → ♄ Aug 25 → ♁ Jan 10 → ♃ Jan 11 Taurus



↳ D Jan 11, 2023

Uranus Retrograde slows revolution — changes become more gradual and internal. A good time to reconsider personal freedom and beliefs without external provocation.

♆ **Neptune** · Dreams · Spirituality · Illusions

1x Rx

♁ Jun 27 → ♄ Jun 28 → ♁ Dec 4 → ♃ Dec 5 Pisces



Neptune Retrograde disperses the fog — illusions become more visible. A good time for spiritual clarity and honest self-knowledge. Avoid unrealistic projects.

♇ **Pluto** · Transformation · Power · Rebirth

1x Rx

♁ Apr 29 → ♄ Apr 30 → ♁ Oct 9 → ♃ Oct 10 Capricorn



Pluto Retrograde surfaces hidden dynamics and questions of power. A period of deep internal transformation, especially around control, loss, and release.

S = Stationary (planet appears to stop) · R = Retrograde begins · D = Direct motion resumes. The stationary days around S are the most intense — the planet's themes peak.