

Retrograde Dates 2025

Today · Jul 11, 2026 Retrograde period Stationary Retrograde Direct J F M ... = months of the year

INNER PLANETS

♿ **Mercury** · Communication · Contracts · Technology 3x Rx

S Mar 14 → R Mar 15 → S Apr 7 → D Apr 8 Aries

S Jul 17 → R Jul 18 → S Aug 11 → D Aug 12 Leo

S Nov 9 → R Nov 10 → S Nov 30 → D Dec 1 Sagittarius

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 Mar 1 → R Mar 2 → S Apr 13 → D Apr 14 Aries

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 Dec 22 → R Dec 22 → S Feb 24 → D Feb 25 Leo

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 2x Rx

S Dec 22 → R Dec 22 → S Feb 4 → D Feb 5 Gemini

S Nov 11 → R Nov 12 → S Jan 10 → D Jan 11 Cancer

↳ D Jan 11, 2026

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

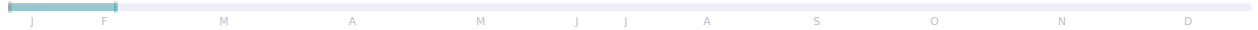
S Jul 12 → R Jul 13 → S Nov 28 → D Nov 29 Aries

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 31 → ♃ Feb 1 Taurus



♁ Sep 5 → ♄ Sep 6 → ♁ Jan 10 → ♃ Jan 11 Gemini



↳ D Jan 11, 2026

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

♁ Jul 4 → ♄ Jul 5 → ♁ Dec 11 → ♃ Dec 12 Aries



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

♁ May 4 → ♄ May 5 → ♁ Oct 14 → ♃ Oct 15 Aquarius



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.