

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Feb 12



Ramanavami

Mar 24



Hanuman Jayanti

Mar 30



Mata Jayalakshmi Jayanti

May 18



Narasimha Jayanti

May 26



Sri Swamiji Jayanti

May 26



Guru Purnima

July 25



Krishna Janmashtami

Sept 2



Ganesh Chaturthi

Sept 11



Navaratri

Oct 8 – 16



Deepavali

Nov 5



Datta Jayanti

Dec 21



2010

Fasting Calendar

The word for fasting in Sanskrit is upvas. Upvas is composed of two syllables: *up* meaning 'near or close' and *vas* meaning 'to reside' – to reside or be near the Supreme. As the new and full moon affect the waters, resulting in high and low tides, the physical and mental energies are also influenced.

Ekadashi refers to the 11th lunar day following the new or full moon. It is said in yoga texts that on ekadashi day there is a natural balance. Fasting or eating a simpler diet during these days aids in restoring harmony to the body through the cleansing action of the water element. The body is allowed to rest from the digestive processes, giving time for cleansing. This deep cleansing removes toxins from the body and clears the mind.

Remember, one fast day a week, over a seven-year period, will equal a year of fasting.

Full Moon	Ekadashi	New Moon	Ekadashi
Thu Dec 31 11:13 am	Sun Jan 10	Thu Jan 14 11:11 pm	Tue Jan 26
Fri Jan 29 10:18 pm	Tue Feb 9	Sat Feb 13 6:51 pm	Thu Feb 25
Sun Feb 28 8:38 am	Thu Mar 11	Mon Mar 15 2:01 pm	Fri Mar 26
		Spring Equinox Sat Mar 20 10:32 am	
Mon Mar 29 7:25 pm	Sat Apr 10	Wed Apr 14 5:29 am	Sat Apr 24
Wed Apr 28 5:18 am	Sun May 9	Thu May 13 6:04 pm	Mon May 24
Thu May 27 4:07 pm	Tue Jun 8	Sat Jun 12 4:15 am	Tue Jun 22
		Summer Solstice Mon Jun 21 4:28 am	
Sat Jun 26 7:30 am	Thu Jul 8	Sun Jul 11 12:40 pm	Wed Jul 21
Sun Jul 25 6:37 pm	Fri Aug 6	Mon Aug 9 8:08 pm	Fri Aug 20
Tue Aug 24 10:05 am	Sun Sep 4	Wed Sep 8 3:30 am	Sat Sep 18
Thu Sep 23 2:17 am	Mon Oct 4	Thu Oct 7 11:44 am	Mon Oct 18
		Autumn Equinox Wed Sep 22 8:09 pm	
Fri Oct 22 6:36 pm	Tue Nov 2	Fri Nov 5 9:52 pm	Wed Nov 17
Sun Nov 21 9:27 am	Wed Dec 1	Sun Dec 5 9:36 am	Fri Dec 17
		Winter Solstice Tue Dec 21 3:38 pm	
Tue Dec 21 12:13 am	Fri Dec 31		

(All times are listed in Pacific Time)

Planet Mercury: Mercury retrograde affects communications, interpretations, manual skills, agreements, equipment. One should be more aware and pay closer attention to detail during this period.

SR = Stationary, going Retrograde SD = Stationary, going Direct

Dec 26 SR · Jan 15 SD Apr 17 SR · May 11 SD Aug 20 SR · Sep 12 SD Dec 10 SR · Dec 29 SD