

Holy Days and Festivals

TriYoga Anniversary	Jan 5	
Maha Sivaratri	Feb 15	
Ramanavami	Mar 27	
Hanuman Jayanti	Apr 2	
Mata Jayalakshmi Jayanti	Apr 21	
Sri Swamiji and Kaliji Met	Apr 29	
Narasimha Jayanti	Apr 30	
Sri Swamiji Jayanti	May 26	
Guru Purnima	July 29	
Kundalini Awakening	July 27	
Krishna Janmashtami	Sep 4	
Ganesh Chaturthi	Sep 14	
Navaratri	Oct 11-19	
Prana Kriyas	Oct 29	
Deepavali	Nov 8	
Maha Mudra Flow	Nov 22	
Datta Jayanti	Dec 23	

2026

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.

New Moon	Ekadashi	Full Moon	Ekadashi
Sun Jan 18 19:52	Thu Jan 29	Sat Jan 3 10:03	Wed Jan 14
Tue Feb 17 12:01	Fri Feb 27	Sun Feb 1 22:09	Fri Feb 13
		Tue Mar 3 11:38	Sun Mar 15
		Spring Equinox Fri Mar 20 14:45	
Thu Mar 19 01:23	Sun Mar 29	Thu Apr 2 02:12	Mon Apr 13
Fri Apr 17 11:52	Mon Apr 27	Fri May 1 17:23	Wed May 13
Sat May 16 20:01	Wed May 27	Sun May 31 08:45	Thu Jun 11
Mon Jun 15 02:54	Thu Jun 25	Mon Jun 29 23:56	Fri Jul 10
		Summer Solstice Sun Jun 21 08:25	
Tue Jul 14 09:43	Sat Jul 25	Wed Jul 29 14:36	Sun Aug 9
Wed Aug 12 17:37	Sun Aug 23	Fri Aug 28 04:18	Mon Sept 7
		Autumn Equinox Wed Sep 23 12:05	
Fri Sep 11 03:27	Tue Sept 22	Sat Sept 26 16:49	Tue Oct 6
Sat Oct 10 15:50	Thu Oct 22	Mon Oct 26 04:12	Thu Nov 5
Mon Nov 9 07:02	Fri Nov 20	Tue Nov 24 14:53	Fri Dec 4
Wed Dec 9 00:52	Sun Dec 20	Thu Dec 24 01:28	Sun Jan 3
		Winter Solstice Mon Dec 21 20:50	
Thu Jan 7 20:24	Tue Jan 19	Fri Jan 22 12:17	

(All times are listed in Universal 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

Feb 26 **SR** • Mar 20 **SD** Jun 29 **SR** • Jul 23 **SD** Oct 24 **SR** • Nov 13 **SD**