

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Mar 4



Ramanavami

Apr 14



Hanuman Jayanti

Apr 19



Mata Jayalakshmi Jayanti

May 9



Narasimha Jayanti

May 17



Sri Swamiji Jayanti

May 26



Guru Purnima

July 16



Krishna Janmashtami

Aug 24



Ganesh Chaturthi

Sep 2



Navaratri

Sep 29-Oct 8



Deepavali

Oct 27



Datta Jayanti

Dec 11



2019

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
			Tue Jan 1
Sun Jan 6 1:28	Thu Jan 17	Mon Jan 21 5:16	Thu Jan 31
Mon Feb 4 21:04	Sat Feb 16	Tue Feb 19 15:54	Sat Mar 2
Wed Mar 6 16:04	Sun Mar 17	Thu Mar 21 1:43	Sun Mar 31
		Spring Equinox Wed Mar 20 21:58	
Fri Apr 5 8:50	Mon Apr 15	Fri Apr 19 11:12	Tue Apr 30
Sat May 4 22:45	Wed May 15	Sat May 18 21:11	Thu May 30
Mon Jun 3 10:02	Thu Jun 13	Mon Jun 17 8:31	Sat Jun 29
		Summer Solstice Fri Jun 21 15:54	
Tue Jul 2 19:16	Fri Jul 12	Tue Jul 16 21:38	Sun Jul 28
Thu Aug 1 3:12	Sun Aug 11	Thu Aug 15 12:29	Mon Aug 26
Fri Aug 30 10:37	Mon Sep 9	Sat Sep 14 4:33	Wed Sep 25
		Autumn Equinox Mon Sep 23 7:50	
Sat Sep 28 18:26	Wed Oct 9	Sun Oct 13 21:08	Thu Oct 24
Mon Oct 28 3:38	Fri Nov 8	Tue Nov 12 13:34	Fri Nov 22
Tue Nov 26 15:06	Sun Dec 8	Thu Dec 12 5:12	Sun Dec 22
		Winter Solstice Sun Dec 22 4:19	
Thu Dec 26 5:13			

(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

Mar 5 **SR** · Mar 28 **SD** Jul 7 **SR** · Aug 2 **SD** Oct 31 **SR** · Nov 20 **SD**