

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Feb 21



Ramanavami

Apr 2



Hanuman Jayanti

Apr 8



Mata Jayalakshmi Jayanti

April 28



Narasimha Jayanti

May 6



Sri Swamiji Jayanti

May 26



Guru Purnima

July 5



Krishna Janmashtami

Aug 11



Ganesh Chaturthi

Aug 22



Navaratri

Oct 17-26



Deepavali

Nov 14



Datta Jayanti

Dec 29



2020

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
	Mon Jan 6	Fri Jan 10 19:21	Mon Jan 20
Fri Jan 24 21:42	Wed Feb 5	Sun Feb 9 7:33	Wed Feb 19
Sun Feb 23 15:32	Thu Mar 5	Mon Mar 9 17:48	Fri Mar 20
		Spring Equinox Fri Mar 20 3:50	
Tue Mar 24 9:28	Sat Apr 4	Wed Apr 8 2:35	Sat Apr 18
Thu Apr 23 2:26	Sun May 3	Thu May 7 10:45	Mon May 18
Fri May 22 17:39	Tue Jun 2	Fri Jun 5 19:12	Wed Jun 17
		Summer Solstice Sat Jun 20 21:43	
Sun Jun 21 6:41	Wed Jul 1	Sun Jul 5 4:44	Thu Jul 16
Mon Jul 20 17:33	Thu Jul 30	Mon Aug 3 15:59	Sat Aug 15
Wed Aug 19 2:41	Sat Aug 29	Wed Sep 2 5:22	Sun Sep 13
		Autumn Equinox Tue Sep 22 13:31	
Thu Sep 17 11:00	Sun Sep 27	Thu Oct 1 21:05	Tue Oct 13
Fri Oct 16 19:31	Tue Oct 27	Sat Oct 31 14:49	Wed Nov 11
Sun Nov 15 5:07	Thu Nov 26	Mon Nov 30 9:30	Fri Dec 11
		Winter Solstice Mon Dec 21 10:02	
Mon Dec 14 16:17	Fri Dec 25	Wed Dec 30 3:28	

(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 18 **SR** · Mar 9 **SD** Jun 19 **SR** · Jul 11 **SD** Oct 16 **SR** · Nov 2 **SD**