

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Mar 11



Ramanavami

Apr 21



Hanuman Jayanti

Apr 27



Mata Jayalakshmi Jayanti

May 17



Narasimha Jayanti

May 25



Sri Swamiji Jayanti

May 26



Guru Purnima

July 24



Krishna Janmashtami

Aug 30



Ganesh Chaturthi

September 10



Navaratri

Oct 7-14



Deepavali

Nov 4



Datta Jayanti

Dec 18



2021

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
			Sat Jan 9
Wed Jan 13 5:02	Sun Jan 24	Thu Jan 28 19:18	Sun Feb 7
Thu Feb 11 19:08	Tue Feb 23	Sat Feb 27 8:19	Tue Mar 9
		Spring Equinox Sat Mar 20 9:37	
Sat Mar 13 10:23	Thu Mar 25	Sun Mar 28 18:50	Wed Apr 7
Mon Apr 12 2:32	Fri Apr 23	Tue Apr 27 3:33	Fri May 7
Tue May 11 19:01	Sat May 22	Wed May 26 11:14	Sun Jun 6
		Summer Solstice Mon Jun 21 3:32	
Thu Jun 10 10:54	Mon Jun 21	Thu Jun 24 18:40	Mon Jul 5
Sat Jul 10 1:17	Tue Jul 20	Sat Jul 24 2:37	Wed Aug 4
Sun Aug 8 13:50	Wed Aug 18	Sun Aug 22 12:02	Fri Sep 3
		Autumn Equinox Wed Sep 22 19:21	
Tue Sep 7 0:52	Fri Sep 17	Mon Sep 20 23:54	Sat Oct 2
Wed Oct 6 11:05	Sat Oct 16	Wed Oct 20 14:57	Mon Nov 1
Thu Nov 4 21:15	Sun Nov 14	Fri Nov 19 8:59	Tue Nov 30
		Winter Solstice Tue Dec 21 15:59	
Sat Dec 4 7:44	Tue Dec 14	Sun Dec 19 4:37	Thu Dec 30

(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

Jan 30 **SR** · Feb 21 **SD** May 29 **SR** · Jun 22 **SD** Sep 27 **SR** · Oct 23 **SD**