

# *Holy Days and Festivals*

TriYoga Anniversary

Jan 5



Maha Sivaratri

Mar 1



Ramanavami

Apr 10



Hanuman Jayanti

Apr 16



Mata Jayalakshmi Jayanti

May 6



Narasimha Jayanti

May 14



Sri Swamiji Jayanti

May 26



Guru Purnima

July 13



Krishna Janmashtami

Aug 18



Ganesh Chaturthi

August 31



Navaratri

Sept 26-Oct 5



Deepavali

Oct 24



Datta Jayanti

Dec 7



# 2022

## 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 2 18:33	Thu Jan 13	Mon Jan 17 23:48	Fri Jan 28
Tue Feb 1 05:46	Sat Feb 12	Wed Feb 16 16:56	Sun Feb 27
Wed Mar 2 17:35	Mon Mar 14	Fri Mar 18 07:18	Mon Mar 28
		Spring Equinox Sun Mar 20 15:33	
Fri Apr 1 06:24	Tue Apr 12	Sat Apr 16 18:55	Tue Apr 26
Sat Apr 30 20:28	Thu May 12	Mon May 16 04:14	Thu May 26
Mon May 30 11:30	Sat Jun 11	Tue Jun 14 11:52	Fri Jun 24
		Summer Solstice Tue Jun 21 09:14	
Wed Jun 29 02:52	Sun Jul 10	Wed Jul 13 18:38	Sun Jul 24
Thu Jul 28 17:55	Mon Aug 8	Fri Aug 12 01:36	Tue Aug 23
Sat Aug 27 08:17	Wed Sep 7	Sat Sep 10 09:59	Wed Sept 21
		Autumn Equinox Fri Sep 23 01:04	
Sun Sep 25 21:55	Thu Oct 6	Sun Oct 9 20:55	Fri Oct 21
Tue Oct 25 10:49	Fri Nov 4	Tue Nov 8 11:02	Sun Nov 20
Wed Nov 23 22:57	Sun Dec 4	Thu Dec 8 04:08	Mon Dec 19
		Winter Solstice Wed Dec 21 21:48	
Fri Dec 23 10:17			

(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

Jan 14 **SR** · Feb 3 **SD**    May 10 **SR** · Jun 2 **SD**    Sep 9 **SR** · Oct 2 **SD**    Dec 29 **SR** · Jan 18 **SD**