

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Feb 18



Ramanavami

Mar 30



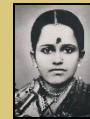
Hanuman Jayanti

Apr 6



Mata Jayalakshmi Jayanti

April 25



Narasimha Jayanti

May 4



Sri Swamiji Jayanti

May 26



Guru Purnima

July 3



Krishna Janmashtami

Sept 7



Ganesh Chaturthi

Sept 19



Navaratri

Oct 15-24



Deepavali

Nov 12



Datta Jayanti

Dec 26



2023 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 2	Fri Jan 6 23:08	Wed Jan 18
Sat Jan 21 20:53	Wed Feb 1	Sun Feb 5 18:28	Fri Feb 17
Mon Feb 20 07:06	Fri Mar 3	Tue Mar 7 12:40	Sat Mar 18
		Spring Equinox Mon Mar 20 21:24	
Tue Mar 21 17:23	Sun Apr 2	Thu Apr 6 04:34	Sun Apr 16
Thu Apr 20 04:12	Mon May 1	Fri May 5 17:34	Mon May 15
Fri May 19 15:53	Wed May 31	Sun Jun 4 03:42	Wed Jun 14
		Summer Solstice Wed Jun 21 14:58	
Sun Jun 18 04:37	Thu Jun 29	Mon Jul 3 11:39	Thu Jul 13
Mon Jul 17 18:32	Sat Jul 29	Tue Aug 1 18:32	Sat Aug 12
Wed Aug 16 09:38	Sun Aug 27	Thu Aug 31 01:35	Sun Sept 10
		Autumn Equinox Sat Sep 23 06:50	
Fri Sep 15 01:40	Tue Sep 26	Fri Sep 29 09:57	Tue Oct 10
Sat Oct 14 17:55	Wed Oct 25	Sat Oct 28 20:24	Thu Nov 9
Mon Nov 13 09:27	Thu Nov 23	Mon Nov 27 09:16	Fri Dec 8
		Winter Solstice Fri Dec 22 03:27	
Tue Dec 12 23:32	Sat Dec 23	Wed Dec 27 00:33	

(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

Dec 29 **SR** · Jan 18 **SD** Apr 21 **SR** · May 14 **SD** Aug 23 **SR** · Sep 15 **SD** Dec 13 **SR** · Jan 1 **SD**