

# *Holy Days and Festivals*

TriYoga Anniversary

Jan 5



Maha Sivaratri

Mar 8



Ramanavami

Apr 17



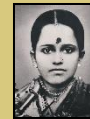
Hanuman Jayanti

Apr 23



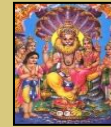
Mata Jayalakshmi Jayanti

May 12



Narasimha Jayanti

May 21



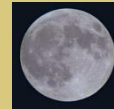
Sri Swamiji Jayanti

May 26



Guru Purnima

July 21



Krishna Janmashtami

Aug 26



Ganesh Chaturthi

Sept 7



Navaratri

Oct 3-12



Deepavali

Nov 1



Datta Jayanti

Dec 14



# 2024 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 7
Thu Jan 11 11:58	Sun Jan 21	Thu Jan 25 17:54	Tue Feb 6
Fri Feb 9 23:00	Tue Feb 20	Sat Feb 24 12:31	Wed Mar 6
		Spring Equinox Wed Mar 20 03:06	
Sun Mar 10 09:02	Wed Mar 20	Mon Mar 25 07:01	Fri Apr 5
Mon Apr 8 18:23	Fri Apr 19	Tue Apr 23 23:51	Sat May 4
Wed May 8 03:24	Sun May 19	Thu May 23 13:55	Sun Jun 2
		Summer Solstice Thu Jun 20 20:50	
Thu Jun 6 12:40	Tue Jun 18	Sat Jun 22 01:10	Tue Jul 2
Fri Jul 5 22:59	Wed Jul 17	Sun Jul 21 10:19	Wed Jul 31
Sun Aug 4 11:14	Fri Aug 16	Mon Aug 19 18:28	Thu Aug 29
		Autumn Equinox Sun Sep 22 12:44	
Tue Sep 3 01:56	Sat Sep 14	Wed Sep 18 02:36	Sat Sep 28
Wed Oct 2 18:50	Sun Oct 13	Thu Oct 17 11:27	Mon Oct 28
Fri Nov 1 12:48	Tue Nov 12	Fri Nov 15 21:29	Tue Nov 26
		Winter Solstice Sat Dec 21 09:21	
Sun Dec 1 06:22	Wed Dec 11	Sun Dec 15 09:02	Thu Dec 26
Mon Dec 30 22:27			

(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

Apr 1 **SR** · Apr 25 **SD**    Aug 4 **SR** · Aug 28 **SD**    Nov 25 **SR** · Dec 15 **SD**