

2012

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.

Remember, one fast day a week, over a seven-year period, will equal a year of fasting.

New Moon	Ekadashi	Full Moon	Ekadashi
Sat Dec 24 6:06 pm	Wed Jan 4	Mon Jan 9 7:30 am	Thu Jan 19
Mon Jan 23 7:39 am	Fri Feb 3	Tue Feb 7 9:54 pm	Sat Feb 18
Tue Feb 21 10:35 pm	Sun Mar 4	Thu Mar 8 9:39 am	Sun Mar 18
		Spring Equinox Tue Mar 20 5:15 am	
Thu Mar 22 2:37 pm	Tue Apr 3	Fri Apr 6 7:19 pm	Mon Apr 16
Sat Apr 21 7:18 am	Wed May 2	Sun May 6 3:35 am	Wed May 16
Sun May 20 11:47 pm	Fri Jun 1	Mon Jun 4 11:12 am	Fri Jun 15
		Summer Solstice Wed Jun 20 11:09 pm	
Tue Jun 19 3:02 pm	Sat Jun 30	Tue Jul 3 6:52 pm	Sat Jul 14
Thu Jul 19 4:24 am	Sun Jul 29	Thu Aug 2 3:27 am	Mon Aug 13
Fri Aug 17 3:54 pm	Mon Aug 27	Fri Aug 31 1:58 pm	Wed Sep 12
Sun Sep 16 2:11 am	Wed Sep 26	Sun Sep 30 3:19 am	Thu Oct 11
		Autumn Equinox Sat Sep 22 1:49 pm	
Mon Oct 15 12:02 am	Thu Oct 25	Mon Oct 29 7:49 pm	Sat Nov 10
Tue Nov 13 10:08 pm	Sat Nov 24	Wed Nov 28 2:46 pm	Sun Dec 9
		Winter Solstice Fri Dec 21 9:12 am	
Thu Dec 13 8:42 am	Sun Dec 23	Fri Dec 28 10:21 am	Tue Jan 8

(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

Mar 12 SR · Apr 4 SD

Jul 14 SR · Aug 8 SD

Nov 6 SR · Nov 26 SD

Holy Days and Festivals

TriYoga Anniversary

Jan 5



Maha Sivaratri

Feb 20



Ramanavami

Mar 31



Hanuman Jayanti

Apr 6



Mata Jayalakshmi Jayanti

Apr 26



Narasimha Jayanti

May 4



Sri Swamiji Jayanti

May 31-June 3



Guru Purnima

July 3



Krishna Janmashtami

Aug 9



Ganesh Chaturthi

Sept 23



Navaratri

Oct 16-24



Deepavali

Nov 13



Datta Jayanti

Dec 27

