

# 2011

## 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
Tue Jan 4 9:03 am	Sat Jan 15	Wed Jan 19 9:21 pm	Sun Jan 30
Thu Feb 3 2:31 am	Mon Feb 14	Fri Feb 18 8:36 am	Tue Mar 1
Fri Mar 4 8:46 pm	Tue Mar 15	Sat Mar 19 6:10 pm	Wed Mar 30
		Spring Equinox Sun Mar 20 11:21 pm	
Sun Apr 3 2:32 pm	Thu Apr 14	Mon Apr 18 2:44 am	Fri Apr 29
Tue May 3 6:51 am	Sat May 14	Tue May 17 11:09 am	Sat May 28
Wed Jun 1 9:03 pm	Sun Jun 12	Wed Jun 15 8:14 pm	Sun Jun 26
		Summer Solstice Tue Jun 21 5:15 pm	
Fri Jul 1 8:54 am	Tue Jul 12	Fri Jul 15 6:40 am	Tue Jul 26
Sat Jul 30 6:40 pm	Wed Aug 10	Sat Aug 13 6:57 pm	Wed Aug 24
Mon Aug 29 3:04 am	Fri Sep 9	Mon Sep 12 9:27 am	Fri Sep 23
Tue Sep 27 11:09 am	Sat Oct 8	Wed Oct 12 2:06 am	Sun Oct 23
		Autumn Equinox Fri Sep 23 9:05 am	
Wed Oct 26 7:56 pm	Sun Nov 6	Thu Nov 10 8:16 pm	Mon Nov 21
Fri Nov 25 6:10 am	Tue Dec 6	Sat Dec 10 2:36 pm	Wed Dec 21
		Winter Solstice Thu Dec 22 4:30 am	
Sat Dec 24 6:06 pm	Wed Jan 4	Mon Jan 9 7:30 am	Fri Jan 20

(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 30 SR · Apr 23 SD

Aug 2 SR · Aug 26 SD

Nov 23 SR · Dec 13 SD

# *Holy Days and Festivals*

TriYoga Anniversary

Jan 5



Maha Sivaratri

Mar 2



Ramanavami

Apr 12



Hanuman Jayanti

Apr 18



Mata Jayalakshmi Jayanti

May 8



Narasimha Jayanti

May 16



Sri Swamiji Jayanti

June 12



Guru Purnima

July 15



Krishna Janmashtami

Aug 21



Ganesh Chaturthi

Sept 1



Navaratri

Sept 28 – Oct 6



Deepavali

Oct 26



Datta Jayanti

Dec 10

