

# 2009

## 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.

Full Moon	Ekadashi	New Moon	Ekadashi
Sat Jan 10 7:27 pm	Wed Jan 21	Sun Jan 25 7:44 pm	Thu Feb 5
Mon Feb 9 6:49 am	Fri Feb 20	Tue Feb 24 5:35 pm	Sat Mar 7
		Spring Equinox Fri Mar 20 4:44 am	
Tue Mar 10 7:38 pm	Sun Mar 22	Thu Mar 26 9:06 am	Sun Apr 5
Thu Apr 9 7:56 am	Tue Apr 21	Fri Apr 24 8:23 pm	Tue May 5
Fri May 8 9:01 pm	Wed May 20	Sun May 24 5:11 am	Wed Jun 3
Sun Jun 7 11:12 am	Fri Jun 19	Mon Jun 22 12:35 pm	Thu Jul 2
		Summer Solstice Sat Jun 20 10:45 pm	
Tue Jul 7 2:21 am	Sat Jul 18	Tue Jul 21 7:35 pm	Sat Aug 1
Wed Aug 5 5:55 pm	Sun Aug 16	Thu Aug 20 3:02 am	Mon Aug 31
Fri Sep 4 9:03 am	Tue Sep 15	Fri Sep 18 11:44 am	Tue Sep 29
		Autumn Equinox Tue Sep 22 2:18 am	
Sat Oct 3 11:10 pm	Wed Oct 14	Sat Oct 17 10:33 pm	Wed Oct 28
Mon Nov 2 12:14 pm	Thu Nov 12	Mon Nov 16 11:14 am	Fri Nov 27
Tue Dec 1 11:30 pm	Sat Dec 12	Wed Dec 16 4:02 am	Mon Dec 28
Thu Dec 31 11:13 am		Winter Solstice Sun Dec 20 10:47 am	

(All times are listed in Pacific 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 11 SR • Feb 1 SD    May 7 SR • May 31 SD    Sep 7 SR • Sep 29 SD    Dec 26 SR • Jan 15 SD