

The Full and New moon calendar

If you are an advanced student and study on a regular basis (e.g. 4 - 6 times a week of Astanga Yoga), you should avoid to practise on full moon or new moon days. The "risk to hurt yourself" is more imminent on those days and outweighs the use you get out of practising. That is why in India the "Yogashala" is closed on full moon and new moon "yoga holidays". All Yoga students enjoy a day free of practise.

Background information

Both full and new moon days are observed as yoga holidays in the Ashtanga Yoga tradition. What is the reasoning behind this?

Like all things of a watery nature (human beings are about 70% water), we are affected by the phases of the moon. The phases of the moon are determined by the moon's relative position to the sun.

Full moons occur when they are in opposition and new moons when they are in conjunction. Both sun and moon exert a gravitational pull on the earth. Their relative positions create different energetic experiences that can be compared to the breath cycle.

The full moon energy corresponds to the end of inhalation when the force of prana is greatest. This is an expansive, upward moving force that makes us feel energetic and emotional, but not well grounded. The Upanishads state that the main prana lives in the head. During the full moon we tend to be more headstrong.

The new moon energy corresponds to the end of exhalation when the force of apana is greatest. Apana is a contracting, downward moving force that makes us feel calm and grounded, but dense and disinclined towards physical exertion.

The Farmer's Almanac recommends planting seeds at the new moon when the rooting force is strongest and transplanting at the full moon when the flowering force is strongest.

Practicing Ashtanga Yoga over time makes us more attuned to natural cycles. Observing moon days is one way to recognize and honor the rhythms of nature so we can live in greater harmony with it.

The Full and New moon calendar 2012

Monday	January 9th	●
Monday	January 23rd	●
Tuesday	February 7th	●
Tuesday	February 21st	●
Thursday	March 8th	●
Thursday	March 22nd	●
Friday	April 6th	●
Saturday	April 21st	●
Sunday	May 6th	●
Monday	May 21st	●
Monday	June 4th	●
Tuesday	June 19th	●
Tuesday	July 3rd	●
Thursday	July 19th	●
Thursday	August 2nd	●
Friday	August 17th	●
Friday	August 31st	●
Sunday	September 16th	●
Sunday	September 30th	●
Monday	October 15th	●
Monday	October 29th	●
Tuesday	November 13th	●
Wednesday	November 28th	●
Thursday	December 13th	●
Friday	December 28th	●

● = Full moon
● = New moon

(or the nearest yoga holiday)

No responsibility is taken for the correctness