

## **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 Farmers 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 2008**

Tuesday	January	8th 2008	●
Tuesday	January	22nd 2008	●
Wednesday	February	6th 2008	●
Wednesday	February	20th 2008	●
Friday	March	7th 2008	●
Friday	March	21st 2008	●
Saturday	April	5th 2008	●
Sunday	April	20th 2008	●
Monday	May	5th 2008	●
Monday	May	19th 2008	●
Tuesday	June	3rd 2008	●
Wednesday	June	18th 2008	●
Wednesday	July	2nd 2008	●
Friday	July	18th 2008	●
Friday	August	1st 2008	●
Saturday	August	16th 2008	●
Saturday	August	30th 2008	●
Monday	September	15th 2008	●
Monday	September	24th 2008	●
Tuesday	October	14th 2008	●
Tuesday	October	28th 2008	●
Wednesday	November	12th 2008	●
Thursday	November	27th 2008	●
Friday	December	12th 2008	●
Saturday	December	27th 2008	●

● = Full moon  
● = New moon

( or the nearest yoga holiday )

No responsibility is taken for the correctness