

# Moon Days for 2012, no Morning Mysore classes at YiY on those days.

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.

## January

Saturday 7<sup>th</sup>  
Saturday 21<sup>st</sup>

## February

Tuesday 7<sup>th</sup>  
Tuesday 21<sup>st</sup>

## March

Thursday 8<sup>th</sup>  
Thursday 22<sup>nd</sup>

## April

Friday 6<sup>th</sup>  
Saturday 21<sup>st</sup>

## May

Saturday 5<sup>th</sup>  
Saturday 19<sup>th</sup>

## June

Monday 4<sup>th</sup>  
Tuesday 19<sup>th</sup>

## July

Wednesday 3<sup>rd</sup>  
Wednesday 18<sup>th</sup>

## August

Wednesday 1<sup>st</sup>  
Friday 17<sup>th</sup>  
Friday 31<sup>st</sup>

## September

Saturday 15<sup>th</sup>  
Saturday 29<sup>th</sup>

## October

Monday 15<sup>th</sup>  
Monday 29<sup>th</sup>

## November

Tuesday 13<sup>th</sup>  
Wednesday 28<sup>th</sup>

## December

Wednesday 13<sup>th</sup>  
Friday 28<sup>th</sup>