



Moon Days 2019

Both full and new moon is observed in Ashtanga tradition. There will be no Morning Mysore classes on those days.

January

Saturday 5th – new
Monday 21st – full

February

Monday 4th- new
Tuesday 19th – full

March

Wednesday 6th – new
Wednesday 20th – full

April

Thursday 4th – new
Thursday 18th – full

May

Saturday 4th – new
Saturday 18th – full

June

Monday 3rd – new
Monday 17th- full

July

Tuesday 2nd – new
Tuesday 16th- full
Wednesday 31st – new

August

Thursday 15th – full
Saturday 31st- new

September

Friday 13th – full
Saturday 28th – new

October

Saturday 12th – full
Monday 28th – new

November

Tuesday 12th – full
Tuesday 26th – new

December

Wednesday 11th – full
Wednesday 25th – new