



2011 Moon Days

| New Moon | Full Moon |
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|  |  |
| Jan 4 | Jan 20 |
| Feb 3 | Feb 18 |
| Mar 5 | Mar 20 |
| Apr 3 | Apr 18 |
| May 3 | May 17 |
| Jun 2 | Jun 16 |
| Jul 1 | Jul 15 |
| Jul 31 | |
| Aug 29 | Aug 14 |
| Sep 27 | Sep 12 |
| Oct 27 | Oct 12 |
| Nov 25 | Nov 11 |
| Dec 25 | Dec 10 |

Tim Miller Explains Moon Days

Traditionally, yoga is not practiced on the full moon and the new moon. Tim Miller explains why...

Like all things of a watery nature, 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.

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.

Taken from www.ashtangayogacenter.com