

Ashtanga yoga practitioners should not practice on the days of the new or full moon

The day you rest is the day of your regular practice time nearest the new or full moon

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.

Moon Days 2011 Yogaplace: géén Mysore practise

● new moon ○ full moon

- January 4
- January 19
- February 2
- February 18
- March 4
- March 19
- April 3
- April 17
- May 3
- May 17
- June 1
- June 15
- July 1
- July 15
- July 30
- August 13
- August 28
- September 12
- September 27
- October 11
- October 26
- November 10
- November 25
- December 10
- December 24

