

Fastings Dates 2016



Fasting Dates are important as the best time for devoting all energies to spiritual pursuit. Of course fasting carries many health benefits but fasting without water as it is indicated in Ananda Marga may require a further motivation and possibly supervision by a competent spiritual teacher (Acarya).

Ananda Marga Fasting Chart 2016. The following table is set to United States Eastern Time (GMT -5). If you have any questions regarding calculations to other time zones, please contact NY Sectorial Office.

Fasting Chart - Year 2016 - United States Eastern Time (-5 GMT)

Fasting Date	Moon Position	
Jan 05 (Tue)	Ekadashi	(Eleventh lunar day fasting)
Jan 09 (Sat)	Amavasya	(New Moon Fasting)
Jan 19 (Tue)	Ekadashi	

Jan 23 (Sat)	Purnima	(Full Moon Fasting)	
Feb 03 (Wed)	Ekadashi		
Feb 07 (Sun)	Amavasya		
Feb 17 (Wed)	Ekadashi		
Feb 21 (Sun)	Purnima		
Mar 04 (Fri)	Ekadashi		
Mar 08 (Tue)	Amavasya		
Mar 18 (Fri)	Ekadashi		
Mar 22 (Tue)	Purnima		
Apr 03 (Sun)	Ekadashi		
Apr 06 (Wed)	Amavasya		
Apr 16 (Sat)	Ekadashi		
Apr 21 (Thu)	Purnima		
May 02 (Mon)	Ekadashi		
May 05 (Thu)	Amavasya		
May 16 (Mon)	Ekadashi		
May 20 (Fri)	Purnima		
May 31 (Tue)	Ekadashi		
Jun 04 (Sat)	Amavasya		
Jun 15 (Wed)	Ekadashi		
Jun 19 (Sun)	Purnima		
Jun 30 (Thu)	Ekadashi		
Jul 03 (Sun)	Amavasya		
Jul 14 (Thu)	Ekadashi		
Jul 19 (Tue)	Purnima		
Jul 29 (Fri)	Ekadashi		
Aug 01 (Mon)	Amavasya		
Aug 13 (Sat)	Ekadashi		
Aug 17 (Wed)	Purnima		

Aug 27 (Sat)	Ekadashi		
Aug 31 (Wed)	Amavasya		
Sep 12 (Mon)	Ekadashi		
Sep 15 (Thu)	Purnima		
Sep 25 (Sun)	Ekadashi		
Sep 30 (Fri)	Amavasya		
Oct 11 (Tue)	Ekadashi		
Oct 15 (Sat)	Purnima		
Oct 25 (Tue)	Ekadashi		
Oct 29 (Sat)	Amavasya		
Nov 10 (Thu)	Ekadashi		
Nov 13 (Sun)	Purnima		
Nov 24 (Thu)	Ekadashi		
Nov 28 (Mon)	Amavasya		
Dec 09 (Fri)	Ekadashi		
Dec 13 (Tue)	Purnima		
Dec 23 (Fri)	Ekadashi		
Dec 28 (Wed)	Amavasya		