

Why no early morning Mysore practice on Moon Days?

Traditionally, Ashtanga Yoga is not practised on moon days because the lunar cycles have a strong affect on our personal energy. The Full and New moons are the strongest points of the lunar cycle and it is said that because our energy is strongly affected on these days, there is a greater risk of injury and that injuries suffered on moon days take longer to heal. On the New moon, our bodies strongly feel the effects of gravity. They are very grounded, but usually feel very heavy and inflexible. On the Full moon, the body is full of ungrounded energy which creates physical instability. This is why early morning Mysore yoga practice is not recommended.

Please note: Greystones Yoga Studio will be open on Moon Days for all other classes except for early morning Self-Practice Mysore class.

<u>Month</u>	<u>New Moon</u>	<u>Full Moon</u>
Jan	Monday 9th	Monday 23rd
Feb	Tuesday 7th	Tuesday 21st
Mar	Thursday 8th	Thursday 22nd
April	Friday 6th	Saturday 21st
May	Saturday 6th	Saturday 20th
June	Monday 4th	Tuesday 19th
July	Tuesday 3rd	Thursday 19th
Aug	Thursday 2nd Friday 31st	Friday 17th
Sept	Sunday 30th	Sunday 16th
Oct	Monday 29th	Monday 15th
Nov	Wednesday 28th	Tuesday 13th
Dec	Friday 28th	Thursday 13th