



SAMATA YOGA AUSTRALIA

2019 CALENDAR

INNER MINDFULNESS

JAN

02 WED Ekadashi Fasting
18 FRI Ekadashi Fasting

20 SUN Book Study & Chanting

FEB

01 FRI Ekadashi Fasting
03 SUN Book Study & Chanting

16 SAT Ekadashi Fasting

MAR

02 SAT Ekadashi Fasting
03 SUN Chanting

05 TUE **Shivratri Festival**
17 SUN Ekadashi & Workshop

APR

01 MON Ekadashi Fasting
07 SUN Chanting
14 SUN **Ram Navmi Festival**

16 TUE Ekadashi Fasting
21 SUN Book Study
30 TUE Ekadashi Fasting

MAY

05 SUN Chanting
15 WED Ekadashi Fasting

19 SUN Book Study
30 THU Ekadashi Fasting

JUN

02 SUN Chanting
13 THU Ekadashi Fasting

16 SUN Workshop
29 SAT Ekadashi Fasting

JUL

07 SUN Chanting
13 SAT Ekadashi Fasting

14 SUN **Guru Purnima**
21 SUN Book Study
28 SUN Ekadashi Fasting

AUG

04 SUN Chanting
11 SAT Ekadashi Fasting

18 SUN Book Study
24 SAT **Krishna Janashtami**
27 TUE Ekadashi Fasting

SEP

01 SUN Chanting
10 TUE Ekadashi Fasting

15 SUN Workshop
25 WED Ekadashi Fasting

OCT

06 SUN **Durga Ashtami & Chanting**
10 THU Ekadashi Fasting

20 SUN Book Study
25 FRI Ekadashi Fasting
27 SUN **Diwali**

NOV

03 SUN Chanting
08 FRI Ekadashi Fasting

17 SUN Book Study
23 SAT Ekadashi Fasting

DEC

01 SUN **Christmas Picnic**
08 SUN Ekadashi Fasting

18 SUN Ekadashi Fasting