

FASTING CALENDAR 2026

Practitioners fast on ekádashii, the eleventh day after the full moon and after the new moon: twice a month. Monks and nuns fast on the full and new moon as well: four times a month. The fast runs from sunrise to sunrise, without food or water.

January

3 · Full moon
14 · Ekádashii
18 · New moon
29 · Ekádashii

February

1 · Full moon
13 · Ekádashii
17 · New moon
27 · Ekádashii

March

3 · Full moon
14 · Ekádashii
18 · New moon
28 · Ekádashii

April

1 · Full moon
13 · Ekádashii
17 · New moon
27 · Ekádashii

May

1 · Full moon
13 · Ekádashii
16 · New moon
26 · Ekádashii
30 · Full moon

June

11 · Ekádashii
14 · New moon
25 · Ekádashii
29 · Full moon

July

10 · Ekádashii
14 · New moon
24 · Ekádashii
29 · Full moon

August

9 · Ekádashii
14 · New moon
23 · Ekádashii
27 · Full moon

September

7 · Ekádashii
10 · New moon
22 · Ekádashii
26 · Full moon

October

6 · Ekádashii
10 · New moon
22 · Ekádashii
25 · Full moon

November

4 · Ekádashii
9 · New moon
20 · Ekádashii
24 · Full moon

December

4 · Ekádashii
8 · New moon
20 · Ekádashii
23 · Full moon

Ekádashii: everyone (bold) · Full and new moon: monks and nuns. Dates are given for India. Where the local date differs by a day, your ácárya will tell you. Ananda Marga Pracaraka Samgha, India: Fasting Calendar 2026.