

Shantidwara Panchang 2020/21

Solar/lunar calendar with most auspicious Yogas and programs in our centre

Wk	Day	Date	Major Auspicious Days	"Special Yoga Program Camps"	"Yoga Lifestyle Camps"
40	Tue	29.9	Pradosh Vrat		
	Thu	1.10	Purnima 🌸		
41	Mon	5.10	Ganesh Chaturthi		
42	Wed	14.10	Pradosh Vrat		
	Sat	17.10	Amavasya 🪷 Ghatastapana (7:17-10:24am) 🌸	Ashwin Navaratri (9 days) 16-25 OCT	OCTOBER Fri 9 - Sun 11 Fri 16 - Sun 18 Fri 23 - Sun 25 Fri 30 - Sun 1 Nov
43	Thu	22.10	Saraswati Puja		
	Sat	24.10	Mahanavami 🪷		
	Sun	25.10	Dussehra 🌸		
44	Wed	28.10	Pradosh Vrat		
	Sat	31.10	Purnima 🪷 🌸 Devi Havan		
45	Wed	4.11	Ganesh Chaturthi		
46	Fri	13.11	Pradosh Vrat	Diwali (3 days) 13-15 NOV	NOVEMBER Fri 6 - Sun 8 Fri 13 - Sun 15 Fri 20 - Sun 22 Fri 27 - Sun 29
	Sat	14.11	Diwali Lakshmi Puja 🌸		
	Sun	15.11	Amavasya		
48	Fri	27.11	Pradosh Vrat		
49	Mon	30.11	Purnima 🪷		
	Fri	4.12	Ganesh Chaturthi	Deep Meditation (5 days) 11-15 DEC	DECEMBER Fri 4 - Sun 6 Fri 11 - Sun 13 Fri 18 - Sun 20 Fri 25 - Sun 27
50	Tue	8.12	Kal Bhairav Jayanti		
	Sat	12.12	Pradosh Vrat		
51	Mon	14.12	Amavasya		
52	Sun	27.12	Pradosh Vrat		
1	Wed	30.12	Datta Jayanti Purnima 🪷	New Year (7 days) 28 DEC - 4 JAN	
	Sat	2.1	Ganesh Chaturthi 🪷 Guru Mahasamadhi		
2	Mon	11.1	Pradosh Vrat 🪷		
3	Wed	13.1	Amavasya		
	Thu	14.1	Makar Sankranti		
5	Tue	26.1	Pradosh Vrat		
	Thu	28.1	Purnima		
6	Mon	1.2	Ganesh Chaturthi		
7	Tue	9.2	Pradosh Vrat		
	Thu	11.2	Amavasya	Autumn cleanse (6 days) 15-21 FEB	FEBRUARY Fri 5 - Sun 7 Fri 12 - Sun 14 Fri 19 - Sun 21 Fri 26 - Sun 28
8	Tue	16.2	Vasant Panchami		
	Sat	27.2	Purnima 🪷		
10	Tue	2.3	Ganesh Chaturthi		
11	Wed	10.3	Pradosh Vrat 🪷	Mahashivaratri (5 days) 10-14 MAR	MARCH Fri 5 - Sun 7 Fri 12 - Sun 14 Fri 19 - Sun 21 Fri 26 - Sun 28
	Thu	11.3	Maha Shivaratri 🪷		
	Sat	13.3	Amavasya 🪷		
13	Fri	26.3	Pradosh Vrat		
	Sun	28.3	Purnima		
14	Mon	29.3	Holi		
	Wed	31.3	Ganesh Chaturthi		
15	Fri	9.4	Pradosh Vrat		

16	Mon	12.4	Amavasya 🙏	Chaitra Navaratri (11 days) 11-22 APR	APRIL Fri 2 - Sun 4 Fri 9 - Sun 11 Fri 16 - Sun 18 Fri 23 - Sun 25 Fri 30 - Sun 2 May
	Tue	13.4	Ghatasthapana (6:06 - 9:53am)		
	Wed	14.4	Mesa Sankranti (solar new year)		
	Thu	15.4	Gauri Puja 🙏		
	Sat	17.4	Lakshmi Panchami 🙏		
17	Wed	21.4	Ram Navami 🙏		
	Thu	22.4	Earth Day Dussehra 🙏 🙏		
	Sun	25.4	Pradosh Vrat		
18	Tue	27.04	Hanuman Jayanti 🙏		
	Fri	30.4	Ganesh Chaturthi		
19	Sun	9.5	Pradosh Vrat		
20	Tue	11.5	Amavasya		
22	Mon	24.5	Pradosh Vrat		
23	Wed	26.5	Purnima		

“Yoga Lifestyle Camp program” (changes for “Special Program Camp”)

Friday	Saturday	Sunday
5-6pm Dinner 6-8pm Kirtan	5:30-7am Asana, Pranayama, Mudra, Bandha and Meditation 7.30-8:30am Breakfast 8:30-9.30am Chanting 10-12pm Karma Yoga 12-12.45pm Yoga Nidra 1-2pm Lunch 2-3pm Free time 3-4pm Karma Yoga 4-5pm Satsang, chai, meditation 5-7pm Mahamrityumjaya Havan 7-8pm Dinner	5:30-7am Asana, Pranayama, Mudra, Bandha and Meditation 7.30-8:30am Breakfast 8:30-9.30am Chanting 10-12pm Karma Yoga 12-12.45pm Yoga Nidra 1-2pm Lunch

“Yoga Lifestyle Camp” weekly 2 nights: \$300 BYO camping (concession avail).

“Special Program Camp”: details in flyers.

1-off yoga class, Kirtan, Havan drop-in \$15-20.

- Bihar School of Yoga
- Classical/Himalaya Yoga/Gorakshanath tradition
- Integral/holistic system
- Advanced techniques
- Ayurveda
- Cleanses/detox
- One-on-one Yoga Therapy
- Yoga Events



Yoga for sustainable fulfilled future with strong health and immunity.

Yoga Programs in Australia 2020-2021
ShantiDwara Yoga Ecology, Ayurveda And Wellness Centre

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Yoga Ecology Programs and Himalaya Pilgrimage in India 2021

Himalaya Shuddha Yoga Centre

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