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The Nyerongsha Institute for Tibetan Medicine & Culture

MOON PHASE CHART 2023

NEW Moon	FIRST Qtr	FULL Moon	LAST Qtr
		January 6	January 14
January 21	January 29	February 5	February 13
February 19	February 27	March 6	March 14
March 21	March 29	April 5	April 13
April 19	April 27	May 4	May 12
May 19	May 27	June 3	June 11
June 17	June 25	July 2	July 10
July 17	July 25	August 1	August 9
August 16	August 24	August 31	September 8
September 14	September 22	September 29	October 7
October 14	October 22	October 29	November 6
November 12	November 20	November 27	December 5
December 12	December 20	December 27	

INFORMATION & APPOINTMENTS

Bay Area/Los Angeles: 310-551-2658

San Diego: 619-277-0506 • Tucson, AZ: 602-568-0107

~ May the blessings of Healing Buddha accompany you along your path ~