

MOON CALENDAR 2025

NEW AND FULL MOONS

THE ASCENSION STUDIO

A GUIDE TO THE PHASES OF THE MOON



ALL TIMES LISTED FOR THE 2025 NEW AND FULL
MOONS ARE EASTERN TIME ZONE (NEW YORK)



JANUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	 FULL MOON	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	 NEW MOON	29	30
31						

FULL MOON IN CANCER 1/13 5:27 P.M. | NEW MOON IN AQUARIUS 1/29 7:36 A.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: BONDS WITH YOUR FAMILY AND INNER CIRCLE OF FRIENDS, THE PLACES WHERE YOU FEEL AT HOME, NOSTALGIC MEMORIES AND CREATIVE ALONE TIME.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: EXPERIMENT WITH NEW TECHNOLOGY AND TECHNIQUES, BREAK OUT OF THE BOX WITH STYLE AND SOCIAL EXPRESSION, CONNECT TO COMMUNITY, ACTIVISM AND HUMANITARIAN WORK.



FEBRUARY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	 FULL MOON	13	14	15
16	17	18	19	20	21	22
23	24	25	26	 NEW MOON	28	

FULL MOON IN LEO 2/12 8:53 A.M. | NEW MOON IN PISCES 2/27 7:45 P.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: THE UNIQUE WAY THAT YOU SHINE, THE PEOPLE WHO MAKE YOUR HEART SING, YOUR ROMANTIC NATURE, YOUR FASHION SENSE, YOUR CHILDLIKE WONDER, THE PLACES WHERE YOU FEEL LIKE A NATURAL LEADER, YOUR FIERCELY COMPETITIVE STREAK THAT WON'T LET YOU QUIT ON YOURSELF.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: CONNECT TO YOUR DREAMS, SPIRITUAL EXPLORATION, FIND CREATIVE OUTLETS, GIVE BACK, INSPIRE OTHERS, FORM SUPPORTIVE ALLIANCES, EXPRESS EMPATHY SO PEOPLE FEEL SEEN AND UNDERSTOOD.



MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	 FULL MOON	14 15
16	17	18	19	20	21	22
23	24	25	26	27	28	 NEW MOON
30	31					

FULL MOON IN VIRGO 3/14 2:55 A.M. | NEW MOON IN ARIES 3/29 6:58 A.M. (SUPERMOON)

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: THE SERENITY OF A FRESHLY CLEANED SPACE, STREAMLINED SYSTEMS, YOUR HELPFUL SPIRIT, BEING OF SERVICE TO THOSE IN NEED, TAKING GREAT CARE OF YOUR BODY BY EATING CLEAN AND EXERCISING, THE MAGIC OF NATURE AND NATURAL BEAUTY.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: SHARPEN YOUR COMPETITIVE EDGE, BLAZE YOUR OWN TRAIL, TAKE THE INITIATIVE WITH PEOPLE AND ACTIVITIES THAT MATTER TO YOU, TRY NEW THINGS.



APRIL 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	 FULL MOON
13	14	15	16	17	18	19
20	21	22	23	24	25	26
 NEW MOON	28	29	30			

FULL MOON IN LIBRA 4/12 8:22 P.M. | NEW MOON IN TAURUS 4/27 3:31 P.M. (*SUPERMOON*)

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: THE POWER OF PARTNERSHIPS AND SYNERGISTIC CONNECTIONS, DRESSING UP AND SOCIALIZING, TRANSCENDENT MUSIC AND THE ARTS, PEACEFUL MOMENTS OF SERENITY, THE PARTS OF YOUR LIFE THAT ARE IN BEAUTIFUL BALANCE.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: DEFINE YOUR VALUES, SET UP HEALTHY AND REWARDING ROUTINES, ENJOY ARTS AND CULTURE, SIMPLIFY COMPLEXITIES, BUDGET, GET OUT IN NATURE.



MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	 FULL MOON	12	13	14	15	16
17	18	19	20	21	22	23
24	25	 NEW MOON	26	27	28	29
30	31					

FULL MOON IN SCORPIO 5/12 12:56 P.M. | NEW MOON IN GEMINI 5/26 11:02 P.M. (*SUPERMOON*)

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: YOUR LOYAL AND CARING SPIRIT, INTENSE EXCHANGES, THE SEXIEST PARTS OF YOURSELF, THE WAYS YOU'VE TRANSFORMED YOUR STRUGGLES INTO GOLD, TRUE FRIENDSHIP, RESOURCEFULNESS AND RAW CREATIVE EXPRESSION, YOUR SEDUCTIVE POWERS.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: SHARPEN YOUR COMMUNICATION STYLE, WRITE AND MAKE MEDIA, PAIR UP ON SHORT-TERM COLLABORATIONS, SOCIALIZE WITH NEW PEOPLE, BECOME ACTIVE IN YOUR LOCAL COMMUNITY, FLIRT AND JOKE!



JUNE 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	 FULL MOON	11	12	13
14	15	16	17	18	19	20
21	22	23	24	 NEW MOON	25	26
27	28	29	30			

FULL MOON IN SAGITTARIUS 6/11 3:44 A.M. | NEW MOON IN CANCER 6/25 6:32 A.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: THE SPIRIT OF WANDERLUST, YOUR UNVARNISHED TRUTHS, PEOPLE YOU LOVE WHO LIVE FAR AWAY, THE PASSPORT STAMPS YOU'VE COLLECTED (OR HOPE TO ONE DAY), VISIONARY IDEAS THAT YOU'RE BRINGING TO LIFE, DEI AND CROSS-CULTURAL CONNECTIONS.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: NOURISH YOURSELF WITH GOOD FOOD AND CLOSE FRIENDS, SPRUCE UP YOUR SPACES SO YOU FEEL AT HOME EVERYWHERE, CONNECT TO FAMILY, SPEND TIME NEAR WATER, GET IN TOUCH WITH YOUR EMOTIONS.



JULY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	 FULL MOON	11	12
13	14	15	16	17	18	19
20	21	22	23	 NEW MOON	25	26
27	28	29	30	31		

FULL MOON IN CAPRICORN 7/10 4:37 P.M. | NEW MOON IN LEO 7/24 3:11 P.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: PEOPLE YOU ADMIRE—HEROES AND MENTORS, FAMILY LEGACIES, CUSTOMS THAT YOU WANT TO CARRY ON, ENDURING FRIENDSHIPS AND BUSINESS RELATIONSHIPS, YOUR MOST AMBITIOUS IDEAS, INSTITUTIONS OR ORGANIZATIONS THAT YOU BELIEVE IN AND SUPPORT.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: EXPRESS YOURSELF THROUGH ART AND STYLE, ENJOY ROMANCE AND PLAYTIME, SPEND TIME WITH KIDS, TAKE A LEADERSHIP ROLE, HOST AND ATTEND GLAMOROUS PARTIES, FIND YOUR PLACE TO SHINE.



AUGUST 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	 FULL MOON
10	11	12	13	14	15	16
17	18	19	20	21	22	 NEW MOON
24	25	26	27	28	29	30
31						

FULL MOON IN AQUARIUS 8/9 3:55 A.M. | NEW MOON IN VIRGO 8/23 2:07 A.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: YOUR WEIRDEST IDEAS, TEAMS AND COMMUNITIES WHERE YOU FEEL SEEN AND EMBRACED, YOUR SHARING AND ACCEPTING SPIRIT, TECHNOLOGY THAT KEEPS YOU CONNECTED, HOPES AND DREAMS FOR THE FUTURE, YOUR IDEALISTIC NATURE THAT REFUSES TO GIVE UP ON HUMANITY.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: EMBRACE HEALTHY ROUTINES, WORK OUT AND EAT CLEAN, IMPLEMENT EFFICIENT SYSTEMS, HIRE SERVICE PROVIDERS AND ASSISTANTS, BREAK PROJECTS INTO ACTIONABLE STEPS, BE OF SERVICE, ADOPT A PET.



SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
 7 FULL MOON	8	9	10	11	12	13
14	15	16	17	18	19	20
 21 NEW MOON	22	23	24	25	26	27
28	29	30				

FULL MOON IN PISCES 9/7 2:09 P.M. | NEW MOON IN VIRGO 9/21 3:54 P.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: SECRET FANTASIES, YOUR CREATIVITY, MESSAGES FROM DREAMS, PEOPLE WHO INSPIRE YOU TO THINK BEYOND CURRENT LIMITATIONS, COMPASSION AND EMPATHY, BLURRY LINES THAT DON'T NEED TO BE SHARPENED, THE BEAUTY IN "UGLY" THINGS, THE HEALING MAGIC OF TEARS.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: ORGANIZE YOUR PHYSICAL AND DIGITAL SPACES, REFINE YOUR EATING AND WORKOUT ROUTINES, SYSTEMATIZE WORKFLOW, VOLUNTEER, STREAMLINE YOUR SCHEDULE TO REDUCE STRESS.



OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	 FULL MOON	6	7	8	9	10
11						
12	13	14	15	16	17	18
19	20	 NEW MOON	21	22	23	24
25						
26	27	28	29	30	31	

FULL MOON IN ARIES 10/6 11:48 P.M. | NEW MOON IN LIBRA 10/21 8:25 A.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: YOUR INNER (AND OUTER) BAD BITCH, NEW EXPERIENCES YOU'RE BRAVE ENOUGH TO TRY, YOUR COMPETITIVE NATURE, EVERY UNIQUE FEATURE THAT MAKES YOU A RARE INDIVIDUAL, YOUR FIGHTING SPIRIT THAT WON'T GIVE UP.



NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: FIND SYNERGIES, NETWORK TO BUILD YOUR CONTACT LIST, NURTURE ROMANTIC RELATIONSHIPS, ENJOY ART, MUSIC AND FASHION, AND BEAUTIFY EVERYTHING.



NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	 FULL MOON	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	 NEW MOON	20
21	22	23	24	25	26	27
28	29	30				

FULL MOON IN TAURUS 11/5 8:19 A.M. (SUPERMOON) | NEW MOON IN SCORPIO 11/20 1:47 A.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: THE SIMPLE THINGS THAT BRING YOU JOY, THE BEAUTY OF NATURE, YOUR FAVORITE MUSIC AND ARTISTS, FINDING HOLIDAY GIFTS THAT ARE SUSTAINABLE AND EARTH-FRIENDLY, CREATING A COMFORTABLE HOME ENVIRONMENT, FOOD THAT YOU LOVE.



NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: BUILD TRUSTED BONDS, SHARE SECRETS, JOIN FORCES (AND FINANCES), FORM STRATEGIC PARTNERSHIPS, EXPLORE YOUR EROTIC NATURE, GIVE EVERYTHING YOU DO MORE SIZZLE AND SPICE.



DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	 FULL MOON	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	 NEW MOON
19	20	21	22	23	24	25
26	27	28	29	30	31	

FULL MOON IN GEMINI 12/4 6:14 P.M. (*SUPERMOON*) | NEW MOON IN SAGITTARIUS 12/19 8:43 P.M.

FULL MOON

FULL MOONS ARE A POINT OF RELEASE AND A TIME FOR LETTING GO.

CELEBRATE: BUILD TRUSTED BONDS, SHARE SECRETS, JOIN FORCES (AND FINANCES), FORM STRATEGIC PARTNERSHIPS, EXPLORE YOUR EROTIC NATURE, GIVE EVERYTHING YOU DO MORE SIZZLE AND SPICE.

NEW MOON

THE NEW MOON IS A POWERFUL TIME TO MANIFEST, DREAM, AND PLAN. WHEN THE SKY IS DARKEST, THE POSSIBILITIES ARE INFINITE.

FOCUS: TURN EACH DAY INTO AN ADVENTURE, BROADEN YOUR SOCIAL HORIZONS, TRAVEL TO A NEW LOCATION, STUDY AND PURSUE SELF-DEVELOPMENT, MAKE MEDIA, SPEAK YOUR TRUTH.