



**ELEVATE**  
THE ULTIMATE EQUINOX EXPERIENCE

*Schedule of Events*



With Tymi Howard & Candace Blair  
**HORSE SHOE FARM**

**SEPTEMBER 19-22, 2024**

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# Horse Shoe Farm Itinerary

## September 19-22nd

### Thursday, Sept 19th

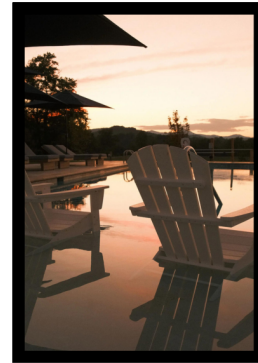
4-7pm Arrivals

5:30-6:30pm Vinyasa

Flow with Tymi (Optional)

7:00pm Dressed Dinner  
(Casual Elegance)

8:30-9:30pm Opening Fire  
Ceremony



### Friday, Sept 20th

7:30-9am Kundalini w. Candace

9-10am Continental Breakfast

10-1:30pm Free Time/Spa

1:30pm Lunch

2:30-4:30pm Free Time/Spa

4:30-6pm Vinyasa Flow wTymi

7:00pm Dinner

(Casual Elegance)

9pm Sound Healing  
(Optional)



### Saturday, Sept 21st

7:30-9am Vinyasa w. Tymi

9-10am Continental Breakfast

10-1:30pm Free Time

1:30pm Lunch

2:30-4pm Free Time

4-6:30pm Yin Yoga Infused with

Cacao & Sound Healing with

Tymi & Candace

7:00pm Dinner

(Casual Elegance)

### Sunday, Sept 22nd

7-9am "Vindalini"

with Tymi & Candace

10am Check-Out

11am Brunch

12:30 Departures