



A MATRIARCHAL HEALING RETREAT

Alchemical *Women*

13 DAYS • HANG DONG, CHIANG MAI, THAILAND • 2026

A retreat for mothers, daughters, and the woman you are still becoming.

*You are not coming here to be fixed.
You are coming here to remember
that you never were broken.*

This is not just a retreat. It is a homecoming — a return to the unbroken thread of feminine lineage that lives in your blood, your voice, your body, and your dreams. You are coming to the mountains of Northern Thailand to sit beside your mother, your daughter, your sisters in spirit, and remember who you were before the world told you to forget.

Held at the sacred grounds of Insa in Hang Dong, nestled in the lush mountain landscape outside Chiang Mai, this 13-day immersion weaves elephant sanctuary visits, night markets, jungle walks, ancestral ceremony, and an optional plant medicine track for those who feel called.



OVERVIEW

The retreat, in essence.

LOCATION Insda Retreat Center,
Hang Dong, Chiang Mai, Thailand

DURATION 13 Days / 12 Nights

WHO Mothers & Daughters
All ages welcome

MEDICINE Optional — Ayahuasca, Kambo, Bufo
Offered Days 4–9

LANGUAGE English, with translation
support available

STAY Shared Thai-style
accommodations

The Arc of 13 Days

DAYS 1 – 3

Arrival & Grounding

Arrival, orientation, opening ancestral circles, and a mindful visit to an ethical elephant sanctuary in the surrounding mountains.

DAYS 4 – 9

Sacred Medicine (Optional)

The plant medicine track, fully optional and held with reverence. Day 4 — Kambo. Day 5 — Ayahuasca I. Day 6 — Integration. Day 7 — Ayahuasca II. Day 8 — Deep Rest & Altar Work. Day 9 — Bufo (optional).

DAYS 10 – 12

Integration

Deep integration, night market excursions, jungle walks, and gathering for the ancestral altar work.

DAY 13

Rite of Passage

Closing mother-daughter rite of passage and ancestral transmission, sealing the container before departure.

Sacred Plant Medicine

Plant medicine is offered as a sacred, optional pathway for those who feel genuinely called. None of these medicines are recreational. You will never be pressured. You will always be honored in your choice.

Kambo

WHAT IT DOES

A physical and energetic purge activating an immune response, followed by deep stillness and clarity.

HOW IT TAKES PLACE

Applied to small points on the skin in a supported circle lasting 45–90 minutes.

ANCESTRAL CONTEXT

A lineage purge — clearing inherited patterns and stored trauma from the body to make space for deeper healing.

Ayahuasca

WHAT IT DOES

Brings visions, emotional release, and encounters with the deepest layers of self and spirit through the Vine of the Soul.

HOW IT TAKES PLACE

Two evening ceremonies held in darkness with icaros (sacred songs), followed by morning integration circles.

ANCESTRAL CONTEXT

Mothers and daughters often meet the same ancestors, feeling the unspoken agreements of their lineage and the vision to redirect cycles.

Bufo Alvarius

WHAT IT DOES

A full-body, ego-dissolving experience offering a profound sense of love, spaciousness, and remembrance.

HOW IT TAKES PLACE

Offered individually on Day 9. Inhaled in a single breath, lasting 15–30 minutes while lying down safely.

ANCESTRAL CONTEXT

The final offering before closing ceremony — a full dissolution before conscious reconstruction of lineage and purpose.

Full health intake required. Incompatible with SSRIs, MAOIs, lithium, certain heart conditions, pregnancy, and active mental-health crises. Your facilitators will review every history personally.

More Ways We Work

These medicines are woven gently through the retreat — some at the opening of a circle, some as standalone offerings. Each is optional. Each is honored.

Hapeh

WHAT IT IS

A sacred Amazonian snuff made from plants, seeds, and ash. Grounding, clarifying, and deeply present — not a psychedelic.

HOW IT TAKES PLACE

Administered through each nostril in a brief, focused moment at the opening or close of a circle. Immediate, earthy, and settling.

NOTE

Contains mapacho (sacred tobacco). Those with nasal or respiratory conditions should speak with a facilitator.

Psilocybin

WHAT IT IS

The naturally occurring compound in sacred mushrooms, used in indigenous traditions for healing, grief, and ancestral work.

HOW IT TAKES PLACE

Offered as an optional ceremony with music and support throughout. Lasts 4–6 hours, followed by rest and integration.

NOTE

Not suitable for those with a history of psychosis or schizophrenia, or those on SSRIs or lithium.

Cacao

WHAT IT IS

Ceremonial cacao — the food of the heart. Gentle, warming, and emotionally opening. Accessible to every woman regardless of her path.

HOW IT TAKES PLACE

Prepared and served ceremonially at the opening of a circle with intention and music. Soft, subtle, and beautifully complete.

NOTE

Those with heart conditions or sensitivity to caffeine/theobromine should inform the facilitators beforehand.

Sananga

WHAT IT IS

A sacred plant medicine from Amazonian shrubs, administered as eye drops to sharpen inner and outer vision and clear energetic blockages.

HOW IT TAKES PLACE

A small amount applied to each eye while lying down. 2–5 minutes of strong sensation followed by deep clarity and calm.

NOTE

Not suitable for those with recent eye surgery or glaucoma. Always offered as an invitation.

HELD BY

Three women, each carrying her own mother forward.



Marbella Barajas

BUFO · KAMBO · SOMATIC WORK

Lives in Chiang Mai. Serves Bufo and Kambo and leads somatic work — helping each woman's body release what the mind has not yet reached. All three hold this container together.



Lauren Boiros

(Laurzen)

HAPEH · PSILOCYBIN · NON-CEREMONY PATH

Lives between two coasts. Serves Hapeh and Psilocybin and leads Ayurveda, yoga, and craniosacral workshops. Holds a dedicated path for women who choose not to work with ceremonies.



Candace Garland

AYAHUASCA · KAMBO · INTEGRATION

Lives in Peru, where the plants chose her. Serves Ayahuasca and Kambo and leads integration circles — making room for what surfaces and helping each woman find her footing after.



A SACRED PRACTICE

The Ancestral Object

One of the most sacred aspects of this retreat is the ancestral transmission ceremony — a rite where the thread of your lineage is honored, spoken aloud, and consciously passed forward.

We ask each participant to bring one meaningful object from their family line:

- Jewelry passed through generations
- A textile, scarf, or piece of cloth
- A photograph or handwritten letter
- Seeds, herbs, or earth from ancestral land
- A stone, shell, or sacred natural object

During our closing ceremony, mothers and daughters will create a shared altar with these objects, speaking what is released from the lineage and what is consciously carried forward.



*“Bring your mother. Bring your daughter.
Bring the woman you are still becoming.
The lineage is alive in you.
We will honor it together.”*

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BEGIN THE CONVERSATION

Request a Preparation Call

A private Zoom preparation call is scheduled with every participant before the retreat begins.
Reach out and a member of the circle will follow up within the week.

INSTAGRAM

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