



MATRIARCH

A MOTHER-DAUGHTER RETREAT



An invitation into
feminine legacy.

MATRIARCH

Meet the women
holding the circle.

DECEMBER 2026 · CHIANG MAI, THAILAND

A 13-day ancestral healing immersion

THREE WOMEN · ONE FIELD

The circle is held through three doorways.



CANDACE GARLAND
FACILITATOR



MARBELLA IMPERIAL
COFOUNDER



LAURZEN
COFOUNDER

Candace, Marbella, and LaurZen bring three lived relationships to ceremony, embodiment, truth, and return. Together, they create a field with room for mothers, daughters, and women arriving in the company of their own lineage.

MATRIARCH is shaped through careful preparation, cultural reverence, grounded practice, ancestral inquiry, and the kind of presence that allows a deeper story to reveal itself in its own time.

MOVEMENT · CEREMONY · INTEGRATION · THAILAND



FACILITATOR • BASED IN PERU

Candace Garland

MEDICINE WOMAN • ARTIST

TRAUMA-INFORMED SPACE HOLDER

Candace is a medicine woman, artist, and trauma-informed space holder based in Peru. For the past six years, she has facilitated at Nimea Kaya, an Ayahuasca retreat center in Pucallpa, supporting healing journeys while working closely with the Shipibo-Konibo tradition.

Her path includes extensive training and Master Plant dietas, along with a deep reverence for plant medicine and the Indigenous lineages that have guarded these sacred rituals. She brings steadiness, sensitivity, and an embodied respect for each woman's pace.

Within MATRIARCH, Candace supports ceremonial preparation, medicine spaces, and the integration that helps experience become something lived with clarity, sovereignty, and care.

"The body remembers the way home."

COFOUNDER · BASED IN CHIANG MAI

Marbella Imperial

ANCESTRAL ROOTS IN MEXICO · MEDICINE · INTEGRATION

Marbella Imperial is a cofounder of MATRIARCH and is based in Chiang Mai, Thailand. Her ancestral roots reach into Mexico, informing the way she listens to lineage, ritual, land, and the inherited stories carried through the body.

She brings intuitive depth and grounded attentiveness to ceremonial preparation, plant medicine journeys, and the integration that follows. Her presence invites women to listen beneath familiar narratives and meet the living material asking for recognition.

Marbella helps tend the threshold between revelation and daily life, giving insight a place to become choice, practice, and a more rooted relationship with self and ancestry.

“What rises is asking to be met.”



COFOUNDER · IMMERSION DESIGN

LaurZen

CALIFORNIA · CHIANG MAI · SOMATIC & LINEAGE WORK



LaurZen is a cofounder and the lead immersion designer of MATRIARCH. For the past eleven years, she has divided her life between California and Chiang Mai, carrying Eastern teachings into Western spaces through yoga, Ayurveda, craniosacral practice, sound, ceremony, plant medicine facilitation, and lived cultural immersion.

Her work speaks especially to women learning to cultivate an inner mother and reconnect with maternal belonging through relationship, memory, lineage, and self-trust. Her own path required learning how to mother herself, a lived initiation that now informs the tenderness and honesty she brings to this retreat.

LaurZen weaves the full arc of MATRIARCH: arrival, cultural immersion, movement, ritual, conversation, and the long integration home.



SCAN TO ENTER

laurzen.com/matriarch