



Feb 3, 2022

Dear Journeywoman,

I'm writing to you from the small island of South Andros in the Bahamas, where I'm attending a much-delayed women's entrepreneur retreat. For many of these women, this is their first international trip in more than two years, but the desire to reconnect with other women gives us the courage to embrace the unknown.

In this issue, we celebrate adventurous women. Adventure means many things - it can be the thrill of pushing yourself physically, connecting with your inner spirit, embracing the wonder of the unexpected or learning something new about yourself. But it all starts with having the right mindset - being open, curious and adaptive.

I invite you to rediscover your sense of adventure. Connect with like-minded women on a Community Call. Join our Book Club and explore Cordoba. Sign up for our February 9 webinar on the 'Power of Positivity' with Caren Osten or our February 22 Travel Mindset session with master coach Debbie Philips. Get inspired by searching our **Travel Directory** of women-friendly tours and retreats to Bali, Iceland or the Antarctic. Feeling stuck? Consider taking Kavita Ahuja's course on "Midlife Reinvention", joining me at Women's Travel Fest or our **Women's Travel Wisdom** Retreat in October. Whatever your path, let's make this time ours to celebrate.

Be safe and well,

Carolyn

Carolyn Ray, Publisher + Editor-in-Chief, JourneyWoman, editor@journeywoman.com
Member, Society of American Travel Writers (SATW) + Travel Media Association of Canada (TMAC)

"I am not the same, having seen the moon shine on the other side of the world."

Mary Anne Radmacher



Preparing for Your First Post-Pandemic Trip: Travel Advice From Women by Carolyn Ray:

Advice from women who have been travelling to help you adapt to change and prepare for travel, and two webinars to help you get TravelReady.

[Read More!](#)



Get Adventure-Ready at Any Age by Amanda Burgess:

Meet ultra-runner Beth Whitman, who completed her first marathon at 50, and at 56, has participated in 250k races across the country of Georgia and the Namib Desert in Africa.

[Read More!](#)



Meet our Keynote Speakers at "Women's Travel Wisdom" Retreat in October 2022 by Carolyn Ray:

Featuring Lola Akinmade, Debbie Phillips, Doni Belau and Carolyn Ray, who want to help you live your best life. Reserve your space and join us to heal and prepare for the future.

[Read More!](#)

Do you know a woman who loves travel? Invite her to join us!

MEET OTHER WOMEN ON A COMMUNITY CALL, WEBINAR, OR BOOK CLUB!

Follow JourneyWoman on [Eventbrite](#) to learn about upcoming events

- **The Power of Positivity** with Caren Osten: February 9, 7 pm ET (Register [here](#)).
- **Community Calls:** February 11: The Secret of Age-Defying Women with Diana Eden and February 24: Women of Inspiration with Marillee Carroll
- **Cultivating a Travel Mindset** with Debbie Phillips, February 22, 7 pm ET
- **Book Club:** Joanna Glen's "All My Mothers" (Spain), February 16, 8 pm ET
- **Travel Advisor Roundtable and Q&A**, March 22, 7 pm ET
- **NEW Travel Writing Course:** March 13, 4 pm to 7 pm ET Click [here](#)

REINVIGORATE YOUR SENSE OF ADVENTURE!

Find **adventurous tours** and **retreats** just for women in our **Women's Travel Directory**, which features women-friendly businesses in over 100 countries around the world.

Advertisers: Don't miss out. Renew your listing before March 1.



Tattoo Tourism: A Woman Marks Her Cancer Journey in Ink by Amanda Burgess: Christine Pope shares her story of strength, resilience, hope, and life after breast cancer.

[Read More!](#)



How Women Grow Through Adventure by Amanda Burgess: Nearly every brave adventure comes after a woman decides that living her life on her terms is more important than her fears.

[Read More!](#)



Mature Women Travellers Share Their Age-Defying Stay-Young Secrets by Amanda Burgess: An inspiring collection of stories from 11 pioneering women who show us all that age ain't nothing but a number.

[Read More!](#)

JOIN ME AT WOMEN'S TRAVEL FEST - MARCH 4-6, 2022

The 9th annual **Women's Travel Fest** is heading to Portland, OR March 4-6, 2022. Speakers include Jo Franco, Mirna Valerio, **Carolyn Ray** and Angela Maxwell, who walked across the Earth. This event is aimed at inspiring and connecting women who love to travel. Attend in-person or virtually. JourneyWoman readers get 15% off tickets with code "Journeywoman" at www.womenstravelfest.com

This issue of JourneyWoman Magazine is presented by Kavita Ahuja of Power Purpose Play. Click below to learn more about Kavita's course.

IF NOT NOW, *When?*

JOIN "IT'S MY TIME NOW", AND LET'S WORK TOGETHER TO HELP YOU REDISCOVER YOURSELF

JOIN NOW

Join Kavita Ahuja and a small group of like-minded women in a powerful 8-week journey of rediscovery which will help you answer:

Who am I? What do I really want? How do I get there?



Connect with us on Social Media and YouTube

