



January 2021, Renewal Issue, No. 2

Jan 27, 2021

Dear JourneyWoman,

I feel as if the first few weeks of 2021 have already brought a new sense of optimism. Who among us was not inspired by Amanda Gorman's inaugural poem last week, which reminded us of our bravery and resilience? "When day comes, we step out of the shade, aflame and unafraid. The new dawn blooms as we free it. For there is always light, if only we're brave enough to see it. If only we're brave enough to be it." (To read her entire poem, visit [her website](#)).

At JourneyWoman, our ethos is to seek, learn and teach, a constant cycle that has helped inspire women for generations to travel safely and well. Beyond the digital pages of our magazine, I'm always looking for new ways to tap into the collective wisdom of seasoned solo travellers in our global community. This past Tuesday, we held our first **Solo Travel Wisdom** talk show, to do just that. Have a story to share? Please let me know!

In this issue, we continue our theme of Renewal, and the healing power of travel. If you still need a little boost, consider joining one of our fun and creative **Travel Vision workshops**, held on Sundays in February and March. These small group sessions are an opportunity to align your travel dreams with your values and manifest your vision in a fun, inspirational setting. And next Thursday at 4 pm EST, I'm hosting a session on **Downsizing for Travel** -please join us!

Thank you for sharing your thoughts in our TravelReady survey about what you need to prepare for the future, and to the women who became members of the **JourneyWoman Circle**. As always, I am in awe of your generosity and many contributions to sustain JourneyWoman and Evelyn's legacy.

Please, take care and be safe,

*Carolyn*

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*JourneyWoman™: Inspiring women to travel since 1994*

## Renewal: Preparing our Mind, Body and Spirit



**The Healing Power of Hot Springs in New Mexico by Amanda Burgess:** Sometimes, a single life change or crisis can send us scrambling in search of renewal. For Jeanne, it was a series of them. “Despite monumental efforts, I was jobless, devastated financially and spiritually, my health declined, and I lost most of my friends,” she says. “I was fat, over 50, travelling from couch to couch and state to state, depressed beyond belief. I lost my car, my home, and all of my possessions were auctioned off when I could not pay the storage rent.” She found healing at in the mountain oasis of Ojo Caliente Spa, in a place deemed sacred by Northern Pueblo tribal communities for nearly 3,000 years.

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**Exploring the Wonders of Iceland by Evelyn Hannon:** From the JourneyWoman archives, we revisit Evelyn's trip to Iceland with her then 16-year old grandson, Josh. She says: "Josh and I have two big interests in common. We both have a terrific love of photography and adventure travel - the kind of travel that allows us to delve into environments and cultures different from our own. When I received an invitation to travel to Iceland with one of Insight Vacation's escorted tours. I knew exactly who I would take with me as my assigned photographer. I couldn't imagine asking anybody else."

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**The Reinvention of Lisbon: Europe's *Other* City of Light by Contributing Writer Sally Peabody:** While the beauty and appeal of the historic capital of Portugal never fails to impress, contemporary Lisbon is home to an ever-emerging range of art and design centers set in hip, refurbished warehouses, walled medieval castles, gothic cathedrals, historic theaters, lively cafes, and intimate *tascas*. We promise you that Lisbon will be on your future travel list after reading Sally's insider tips! (*Special bonus for JW Circle Members: Sally's top picks for Lisbon Museums!*)

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**Virtual Travel: The Lure of Spain and Morocco: Exploring an Intertwined Culture and History by Carolyn Ray:** Are Barcelona, Bilbao, Cordoba, Fez, Girona and San Sebastian calling your name? Spain holds a special place in my heart. To satisfy my own wanderlust, I've handpicked virtual seminars about Spain and Morocco hosted by our partner Context Travel. (*Use your JW code for a 15% discount; JW Circle members receive a 25% discount!*)

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**Falling in Love with the South of France by Patricia Sands:** Patricia Sands, best-selling author of the *Love in Provence* trilogy and *Drawing Lessons*, shares some of her favourite places in Southern France, where her novels are based. Learn more about Patricia and Barefoot Blogger Deborah Bine's 'Memories You Promised Yourself' tour, in partnership with Nancy McGee of Absolutely Southern France. (*Sponsored*)

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**Sleep: The Final Frontier of Self-Love & Renewal by Amanda Burgess:** There's no better time than a new year to show ourselves some love and develop habits that will improve our overall health. Learn how from Shawna Robins, sleep expert and member of our JourneyWoman Advisory Council. Shawna is also offering some extra TLC for JourneyWomen who want to improve their health habits with her "Irresistably Healthy" virtual coaching session in March. *(JW Circle Members only)*

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## Upcoming Events + Community Calls

### JourneyWoman TravelReady Events: Preparing for Future Travel

Our Full EVENTS Calendar is [HERE](#).

- **January 27, 8 pm EST: Book Club: Embracing Nomadic Life:** We travel to Mexico, Indonesia and Israel with Rita Golden Gelman's "Tales of a Female Nomad: Living at Large in the World" and special guest Cathy Gotfried from Babes in Bali. Read more [HERE](#) or visit our [Book Club Page](#) for other recommended reads.
- **February 4, 4 pm EST: Downsizing for Travel:** Fresh from my move to an even smaller apartment, Carolyn is sharing her tips on how to minimize possessions with Downsizing Diva Karen Shinn. Sign up [HERE](#)!
- **February 21, 3 pm EST: Set Your Intention for Future Travel:** Join Amanda to visualize, plan and manifest your travel dreams. Sign up [HERE](#).

**Connect with other women on our JW Community Calls:** East Coast every Friday at 10 am ET with Carolyn + Amanda, plus our West Coast call with Marillee and Indonesia/Australia with Amit.

*Part of the JourneyWoman ethos is giving back. To help our communities, we've adopted a Pay-What-You-Can Model for our events and donate proceeds to non-profit organizations chosen by our speakers. You can read more about this [HERE](#).*

If you can't attend an event live, watch them afterwards on our website [HERE](#) or our [YouTube channel](#).

We list women-friendly tour companies in our [Women's Travel Directory](#). By joining our Directory, you have access to a global group of tour operators who share ideas and resources in support of safer travel for women. Learn more [HERE](#).

If you'd like to discuss a brand partnership for 2021, please email [info@journeywoman.com](mailto:info@journeywoman.com).

**Do you know a woman who loves to travel? Invite her to subscribe to our free magazine!  
We plant a tree with Tree Sisters for every new subscriber.**

**HAPPY ANNIVERSARY TO THE JOURNEYWOMAN WOMEN'S TRAVEL GROUP! Join 2,000 women on the JourneyWoman [Travel Group on Facebook](#).**

You have signed up to receive emails from the JourneyWoman Community. Thank you!

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