



Jul 21, 2022

Dear Goddess,

As we enter the third year of a global pandemic, recent data shows that women are among the most vulnerable to depression, stress and anxiety. Now more than ever, we need to take care of ourselves and make time to connect with other women. Wellness isn't frivolous — it's part of living a healthy life, especially those of us who have been caretakers for others.

If you're considering a wellness retreat or tour, we invite you to choose one of the small businesses listed below. In most cases, you can speak directly with the founder or CEO to get first-hand information. You can also support another woman's business — one that caters to women only. We all win!

Featured Experiences from our Women's Travel Directory

In this special advertising feature, we curate a selection of tours and retreats from our **Women's Travel Directory**, the world's largest resource for women-friendly tours, retreats, accommodations and guides. When you're searching for a tour or retreat, look for the "**JourneyWoman Verified**" trustmark and read the reviews.



JourneyWoman does not operate or sell tours, but we do want to help other small women-friendly businesses connect with women, as travel's most influential audience. We accept new listings on an ongoing basis. Contact us at info@journeywoman.com for more information.

Oaxaca Artisan Retreats with Cosa Buena
August + September 2022



August 25-31 and September 22-28, 2022

Join Cosa Buena Founder Vera Claire for an intimate retreat exploring the vibrant cultures and traditions of Oaxaca through hands-on workshops with artisans, exchanges with locals, and group reflections. For those seeking an authentic, educational, and immersive experience, we offer a unique opportunity to connect with, learn from, and share with locals in Oaxaca's artisan communities. 10% of all proceeds are donated to The Cosa Buena Foundation, a 501(c)(3) non-profit.

Contact Vera for more!

Joie de Vivre in Provence with Advivum Journeys
September 2022



France from Sept 18 - 24, 2022

Step into your Best Life in a Life Coaching retreat with Founder Tania Carriere! Life in Provence, France, with its vibrant markets, rolling vineyards, slow cooking invites you to redefine what it means to live well. Joie de Vivre is a lifestyle, an experience of rejuvenation and a practice of celebration. Come reconnect to yours.

[Connect with Tania now!](#)

**Autumn in Hidden Ireland with Spiral Journeys
September 2022**



September 19 to 30, 2022

Irish native Ann Quinlan offers a spirited, unhurried journey through “Hidden Ireland.” Her Celtic-Irish heritage and intimate knowledge of Ireland’s pre-dawn history, mythology, literature, and wildlife provides a rare glimpse into the heart and culture of the Irish people. Ann’s guidance is caring, engaging, and spirited. Join Spiral Journeys for Autumn in Hidden Ireland, September *19th – 30th. - 2022. * Leave USA September 18th on an overnight flight to Shannon Airport. Group limited to 12! Phone: [1-207 -776-3747](tel:1-207-776-3747).

Email Ann to learn more!

**Women-only Tour to the Wild West of Ireland with WanderWoman
August 2022**



Ireland from Aug 8 - 18, 2022

WanderWoman Founder Erja Lipponen invites you to Ireland In Search of the Celtic Queen Granuaile with special guest author Anne Chambers. This epic journey to Ireland includes: Excursions with author Anne Chambers and archaeologist Michael Gibbons. Privately guided tours and walks with local experts in the Burren, Cong, Westport, Clare Island, Connemara, and Medieval Galway.

[Find out more!](#)

**Rest and Reset with Shawna Robins, Kaia Health & Wellness
Starts in August 2022**



Program runs from August 1 - November 1, 2022

Kaia Health Founder Shawna Robins' **Rest & Reset Academy** brings together adventurous, well-traveled women who want to improve their health so they can continue doing what they love. This group wellness program is led by Shawna Robins, JourneyWoman Advisory Council Member, sleep expert and best-selling author. The Rest & Reset Academy's primary focus is to teach women how to improve their sleep, because without deep, restorative rest, the body and mind will breakdown quickly into chronic illness and disease. This program also focuses on improving mind-body connection, brain health, heart health, gut health, weight loss and developing a growth mindset. If you want to learn about the best lifestyle strategies for guaranteed success and join a supportive community, then the Rest & Reset Academy is for you!

[Connect with Shawna now!](#)

**Arizona Sonoran Desert Sampler with Adventures in Good Company
October 2022**



Experience Arizona — October 11 to October 16, 2022

Kelly Kimple, CEO of Adventures in Good Company, invites you to settle in at the luxurious Tanque Verde Ranch, an ideal setting for enjoying the serenity of the Sonoran Desert. Explore the ranch by horseback. Hike the breathtaking landscapes. Learn to journal and field sketch the vistas. Relish a trip to Saguaro National Park. Relax and rejuvenate with yoga or at the resort spa andr pools. Enjoy the unique flavors of Tucson and the dynamism of the artist colony of Tubac. An authentic desert retreat experience awaits!

Contact Kelly for more!

**JourneyWoman's Women's Travel Wisdom Retreat
October 20 -24, 2022**



JourneyWoman CEO Carolyn Ray invites you to join her at Women's Travel Wisdom in October 2022, a five-day retreat with wellness experts, entrepreneurs, authors and travelers, co-hosted with Girls Guide to Paris. This unique experience focuses on healing and self-care while empowering women to create positive change. You need - and deserve - this! Limited spaces are available Contact Carolyn at editor@journeywoman.com to learn about special discounts.

[Learn about Women's Travel Wisdom here](#)

**Puglia, Italy Walking & Yoga Retreat with Jeni's Global Yoga Trips
May 2023**



Italy from May 12 - 18, 2023

Slow travel invites you to relax, reconnect with yourself and finally get some much-needed time off from your hectic schedule. Join Founder Jeni Martinez for her **Puglia, Italy Walking & Yoga Retreat to saunter, sip and savor**. The word saunter derived from the word *santren*, means to wonder or muse, to be in a state of reverie. A state of reverie is exactly what we hope to achieve with a daily morning yoga practice and slow walks through the Puglia countryside. We will stop to explore villages like magical Alberobello, with its fairy-tale atmosphere and Otsuni known as “la citta bianca”.

[Contact Jeni for more!](#)

Leave a review for a tour company

We invite you to **leave a review** for a tour company you've travelled with on their listing page and help them improve their service to you.

Read this one about [Jeni's Global Yoga Trips](#): *"When traveling solo a woman wants to know she's safe, where she's going and who she's going with. Jeni's retreats are off the beaten path (thank goodness) but her warmth and caring for each and everyone of her attendees gives a sense of comraderie and safety." — Joellen*

[Click here to leave a review!](#)

[UPDATE YOUR SUBSCRIBER PROFILE](#)