



Dear Goddess,

As women, we know that travel is about self-care, as illustrated by the mega-trend of wellness travel, largely led by women. After a global trauma, it's even more important that we take care of ourselves and connect with other women. We need to be fully conscious to really see what is around us.

To help strengthen our connection to wellness, I'm thrilled to share that JourneyWoman has joined the prestigious [Wellness Tourism Association \(WTA\)](#) at the invitation of its President and CEO Anne Dimon. Anne is an 18-year veteran and expert on Wellness Travel and created this organization in 2018 to help support the sustainable future of wellness tourism for the global good. Incorporated as a not-for-profit, the WTA has over 100 members and partners from across the globe, including resorts, tour operators and tourism boards.

“Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

An Invitation to participate in the WTA's Wellness Survey

To better understand the needs of wellness-minded travellers, the WTA is asking for your help completing a brief survey. Those who respond to the survey will be automatically entered to win one of five great prizes donated by five WTA Members: Canyon Ranch, The Springs Resort, Art of Living Retreat Center, Garden of the Gods, and The Ranch Malibu. Please take the survey by June 28.

[Take the survey here](#)

June 11 is Global Wellness Day

The 10th annual Global Wellness Day is on June 11. This year's theme is #ThinkMagenta, which reminds us to rise above the negativity in the world and create a positive effect around us.

Wellness is an important part of our editorial, including self-care, healing and renewal. Some of our most popular [Wellness Travel](#) articles include:

- [Life Doesn't End at 80, Neither Should Travel](#) by Diana Eden
- [The Pandemic's Impact on Women: An Interview with Author Loung Ung](#)
- [Expert Tips for Women to Manage Travel Fear and Anxiety](#) featuring Debbie Philips
- [The Wisdom of Menopause: Stepping Into Our Power](#) by Carolyn Ray
- [Expert Tips for Women to Improve Sleep](#) featuring Shawna Robins

Join us for two free Wellness webinars in June

In June, we're hosting two webinars to help you embrace a healthy lifestyle and enhance your sense of well-being. All of the women participating are speakers at our upcoming [Women's Travel Wisdom wellness retreat](#) in partnership with Girls Guide to Paris:

- **June 8, 12 noon ET: What the Heck is Wabi-Sabi?** What is wabi-sabi? And how can it help us become better travellers? Wabi-sabi is the Japanese art of finding beauty in things that are imperfect. Join Doni Belau and expert Robyn Griggs Lawrence to learn how we can bring more simplicity and authenticity into our lives, our friendships and our travels. [Register here.](#)
- **June 22, 8 pm ET: Sleep, Energy and Menopause:** Join our all-women panel, including Carolyn Ray, Diana Eden and Shawna Robins, to learn more about how you can boost your overall health and prepare for travel through simple lifestyle changes. [Register here.](#)

Ready to Kick-Start Your Wellness?

Our five-day intention-driven wellness retreat in October 2022 at the **Mandala Springs Wellness Centre** combines wellness techniques such as meditation, sleep, healthy eating, Indigenous nature walks and hiking. — with practical guidance to help us make conscious choices about how we travel and see the world. Sign up before June 15 using code **#JWWTA** to receive a \$200 discount on one ticket, or a \$500 discount on the second ticket if you come with a friend. To learn more visit our [Women's Travel Wisdom](#) website or email Cheri at info@womenstravelwisdom.com.

Let's be together, feel together, heal together, rise up together.

With gratitude,

Carolyn

Carolyn Ray, JourneyWoman, carolyn@journeywoman.com tel: 437.688.8785

Want more wellness?

Our **Women's Travel Directory** features [women-friendly wellness retreats and wellness tours](#) around the world. You can search by date, destination and type of travel. Don't forget to mention JourneyWoman if you book!