

JourneyWoman™

May 4, 2022

Dear Goddess,

Every day, I have the privilege to curate the wisdom of an incredible group of women from around the world. This month, I've had hundreds of emails from women eager to share stories and tips with you - everything from solo travel safety advice to their first post-pandemic trips. This brings me such joy - thank you for your generosity.

This is what makes JourneyWoman so unique!

I want you to know that this is a safe place for any topic - especially the 'taboo' ones, like menopause. So much of the information about menopause is negative - it focuses only on the physical changes we endure — why aren't we talking about the freedom we have at this time in our lives? I am incredibly grateful to the women who shared their inspiring menopause stories and travel tips in **The Wisdom of Menopause**. These fabulous women are proof that we can step into the next stage of life with confidence and live the life of our dreams!

When the topic of bras came up on our private Facebook group recently, the tips were too good to pass up. I'm indebted to JourneyWoman — and new bra model — Marti Sladek, who volunteered to try on (and take photos of) her experience! Don't miss **Best Bras for Travel**. *(We're now working on swimsuits - please send tips my way!)*

This weekend is Mother's Day, so it seems timely to celebrate mothers and daughters who share a love of travel in **Oh, the Places We'll Go! Mother-Daughter Travel Wisdom**. Please join me tomorrow (Friday) on our special **Community Call at 10 am ET** to talk about mother-daughter travel.

Speaking of shared wisdom, a few weeks ago, I spent an afternoon with JourneyWoman Karen Barclay, who has been a regular on our Community Calls, in her home in Toronto. On Friday night, as I was finishing my article about Karen's travels, she told me that her 104-year old mother, Ruth, had passed away.

In **Lessons from our Mothers: Karen's Adventurous Spirit**, you can read Karen's story and what she learned about adventure from her inspirational mom, Ruth Beaton.

Our **JourneyWoman Book Club** on May 18 is a special one — expert Trudy Woodcock is joining to talk about the sacred feminine and Maya goddesses mentioned in the book "**Gods of Jade and Shadow**" All are welcome (see below to sign up.)

Next week, I'm going back to Mexico with a side trip to Kansas City to give out this year's **JourneyWoman Award** at the Women in Travel Summit on May 14. Then, I'll be in Oaxaca until mid-June, and might stop over in Houston and San Antonio, Texas in mid-June. If you're in any of those places (or have tips to share) please let me know! It is through our shared wisdom that we can create powerful change. Keep those calls, emails and tips coming! And if you're in Toronto, I look forward to seeing you this Saturday at our Meetup in High Park.

Take care and be safe,

Carolyn

*P.S. Don't forget that our mother-daughter special ends on Sunday for our **Women's Travel Wisdom** wellness retreat in October! In honour of sisterhood and Mother's Day, we're offering a **special \$500 discount** if two women sign up together by May 10, 2022. In order to receive the discount, you must email Cheri [here](#) using the code **#MothersdayJW** and tell us who the two participants are.*

JourneyWoman Founder Evelyn Hannon passed away on April 29 2019. In honour her and of Mother's Day, watch: "[Lessons from My Mother, Evelyn Hannon, the Original JourneyWoman](#)" filmed on March 2021 with her daughter Leslie Ehm.

UPCOMING EVENTS: MARK YOUR CALENDARS! ALL ARE WELCOME!

- **Meetups** in Toronto May 7, Edmonton May 14, and Oaxaca May 21. Sign up [here](#). Email editor@journeywoman.com to host one.
- May 6: 10 am ET: **Mother-Daughter Community Call**
- May 13-15 - **Women in Travel Summit**, Kansas City (Get 50% off with code Journeywoman)
- May 18, 8 pm ET: Book Club: Set in Mexico, "Gods of Shade and Shadow" by Silvia Moreno-Garcia with guest speaker Trudy Woodcock on the Sacred Feminine in Mexican Mythology. Read more [here](#).
- June 15, 8 pm ET: Book Club: Set in Cambodia "In the Shadow of the Banyan" by Vaddey Ratner
- October 20 -24, Our **Women's Travel Wisdom** retreat in California (only 80 places available, selling out quickly!)

Sign up for events here!

Looking for a Woman-Friendly Tour or Retreat?
Visit our Women's Travel Directory for travel experiences in 100+ countries