



The

Dimensions of Ramadan

An educational and spiritual family retreat to nurture your mind, body and soul.

STROLL UP
FOR MORE INFO



★ SPEAKERS ★

Shaykh Haytham Tamim
Dr. Saania Baig
Abu Shama

Apr 2018 Sat 28 - Sun 29

📍 Gilwell Park, London

Utrujj Juniors (Childcare 0-12 years)

LIMITED PLACES

BOOKING DEADLINE FRI 30 MARCH

www.utrujj.org

Registered Charity 1099875

CONTENT

Shaykh Haytham Tamim will explore the **7 Dimensions of Ramadan**.

Dr. Saania Baig will share the **health benefits of fasting**, the main principles for a healthy fast full of vitality, the common problems faced by many in Ramadan and how to minimise these. She will also lead a Q&A session on all medical matters.

Abu Shama will deliver a practical session on **spirituality in the modern day** and will address the following questions; what does it mean to be spiritual and how can you find the time to feel spiritual? **Practical advice** will be provided to help you cultivate a spiritual personality.

RETREAT **RATES**

RETREAT PACKAGE - SATURDAY AND SUNDAY

£99 | Adult Rate

(Adult Rate: includes a course booklet/pen, tea/coffee/biscuits, lunch and dinner on Saturday and tea/coffee/biscuits and lunch on Sunday)

£59 | Utrujj Juniors - Child Rate 4-11 years

£49 | Utrujj Juniors - Child Rate 0-3 years

(Child Rate: includes Utrujj Juniors (childminding service for 0-2 year olds and indoor and outdoor activities for 3-11 year olds) on Saturday and Sunday, lunch and dinner on Saturday and lunch on Sunday)

ACCOMMODATION

STYLISH & COMFORTABLE

The best value accommodation set in 108 acres of beautiful countryside. With 40 bedrooms available, including singles, doubles, twins, family and fully accessible rooms, there is something for everyone.

All rooms are set in The White House, a quintessentially Georgian country house in a stunning, London rural setting. A full English halal breakfast is included. The bedroom rates are per room (not per person) and will be charged in addition to the retreat package rates.

ROOMS

- £60 Single Room**
- £50 Single Room** (non en suite)
- £85 Double or Twin Room**
- £70 Double or Twin Room** (single occupancy)
- £110 Family Room** (2 adults and 2 children)
- £95 Executive Double Room**
- £80 Executive Double Room** (single occupancy)
- £105 Luxury Double Room**

ADDITIONAL EXTRAS

- £20 Extra adult bed**
- £15 Extra child bed** (aged up to 13 years)
- £5 Cot**

BOOKING INFO

If you would like to book accommodation for Friday and/or Saturday night please email Najma Majid at retreat@utrujj.org to check room availability and to reserve your bedrooms prior to booking your retreat package above.

RETREAT PACKAGE - SATURDAY ONLY

£79 | Adult Rate (12 years +)

(Adult Rate: includes a course booklet/pen, tea/coffee/biscuits, lunch and dinner on Saturday)

£39 | Utrujj Juniors - Child Rate 4-11 years

£29 | Utrujj Juniors - Child Rate 0-3 years

(Child Rate: includes Utrujj Juniors (childminding service for 0-2 year olds and indoor and outdoor activities for 3-11 year olds), lunch and dinner on Saturday)

OUTDOOR GROUP ACTIVITIES *12 Places available per charged activity*

Saturday 28th April 5.00-6.30pm

£9 Archery (Outdoors)

£9 Archery (Indoors)

£9 Kayaking

£0 Hiking (FREE)

Sunday 29th April 1.30-3.00pm

£9 Rifle Shooting

£0 Hiking (FREE)



TIMETABLE

SATURDAY 28TH

09:30 - 10:00	Arrival & Registration
10:00 - 10:15	Welcome & Introduction – Samia Ahmed
10:15 - 11:00	Session 1 – Shaykh Haytham Tamim
11:00 - 11:20	Tea & Coffee Break
11:20 - 12:30	Session 2 – Dr. Saania Baig
12:30 - 13:15	Break & Packed Lunch
13:15 - 13:45	Dhuhr Prayer – Gilwell Masjid
13:45 - 15:00	Session 3 – Shaykh Haytham Tamim
15:00 - 15:30	Tea & Coffee Break/Check-In for Residential Guests
15:30 - 16:00	Session 4 – Shaykh Haytham Tamim
16:00 - 16:30	Presentation & Fundraiser by Islamic Relief
16:30 - 19:00	Outdoor Activities (Hiking, Archery, Kayaking) & Family Time
19:00 - 19:15	Asr Prayer – Gilwell Masjid
19:15 - 20:15	Buffet Dinner
20:15 - 20:45	Maghrib Prayer – Gilwell Masjid
20:45 - 21:30	Q & A Session with Shaykh Haytham Tamim & Dr. Saania Baig
21:30 - 10:00	Isha Prayer – Gilwell Masjid
10:00	Close- Get some sleep and rest before the Night Prayers!

SUNDAY 29TH

03:00 - 04:00	Tahajjud (Night Prayer), Witr Prayer/Dhikr - In Congregation – Gilwell M.
04:00 - 04:30	Fajr Prayer – Gilwell Masjid
04.30 - 08.30	Rest/Sleep
09:00 - 10:00	Breakfast for Residential Guests– Whitehouse Restaurant
10:00 - 11:00	Session 5 – Shaykh Haytham Tamim
11:00 - 11:20	Tea & Coffee Break/Check-Out for Residential Guests
11:20 - 12:20	Session 6 – Abu Shama
12:00 - 12:30	Closing Remarks/Duas – Shaykh Haytham Tamim
12:30 - 13:00	Packed Lunch
13:05 - 13:25	Dhuhr Prayer – Gilwell Masjid
13:30 - 15:00	Outdoor Activities (Hiking, Rifle Shooting)
15:00	Departure



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