



THE REFUGE



*Seeking Shelter with the Words of Allah:
Exploring The Three Quls*

AN EXCLUSIVE SISTERS' QUR'AN RETREAT

*July 25 - 27, 2025
De Vere Latimer Estate
Chesham, HPG IUG*

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WWW.QURANHALLAQAH.COM/#QRETREAT

A photograph of a dirt path in a forest, illuminated by a bright beam of light from above, creating a magical atmosphere with golden particles floating in the air.

Where Do You Seek *Refuge*?

Life is full of trials, whispers, and unseen struggles. In a world of distractions and uncertainties, where do you turn for protection? The Three Quls—Surat Al-Ikhlās, Surat Al-Falaq, and Surat An-Nas—are not just short surahs; they are **divine shields, a sanctuary for the believer seeking Allah's refuge.**

*Get ready to transform
yourself through the Qur'an!*

What awaits you at the retreat?



You'll **unpack the tafsir**, the deep meanings and the significance of the Three Quls and explore their connection to our daily lives and well-being



You'll **focus on Allah's names** and attributes and how to live your life praising, loving and venerating Him through all that you do.



You'll strengthen your own relationship with Allah through **recitation and reflection**, and a structured schedule of ibadah and meaningful activity



You'll participate in tailored recitation and hifdh **coaching sessions and workshops** so that you leave the retreat better than you started.



You'll work on your **Dream Qur'an Milestones** and Dream Qur'an schedule to ensure you continue all your hard work consistently, long after the retreat finishes!



You'll engage in soul-nourishing discussions and reflective workshops and experience a weekend of **spiritual rejuvenation** in a serene setting

Retreat Leaders

USTADHA ABEER SADARY

Abeer is a student of the Qurān. She has memorised the Qurān and studied it the traditional way and also at university level, where she did an undergraduate degree in ulūm al-Qur'ān with a major in tafsīr, and then a Master's in the same field.

Additionally, Abeer has studied other Islāmic sciences under reputable scholars. The thesis for her recently completed Master's degree in Ulūm al-Qur'ān and tafsīr is entitled: *'A Study of the Repetition of Words and Verses in Determining the Objectives of the Chapters of the Qurān: from al-Ra'd to al-Hajj'*. She also holds a degree in Industrial Economics

USTADHA OLA SHOUBAKI

Ola Shoubaki is the founder of Arabic Gems and was born and spent most of her childhood in the UK. Her yearning to appreciate the Qur'an in the language in which it was revealed led her to pursue a degree in the Arabic language at SOAS University.

The fundamental change that the Quran caused within her life led her to believe that if this was possible for her then it should be possible for all sisters and thus she began her dedication towards teaching the Qur'anic Arabic language through Arabic Gems. Arabic Gems' vision is that 'one day we will live in a society where every Muslim will understand the Speech of their Lord. That our paths will once again be illuminated with the divine light of the Qur'an'.

USTADHA SUMAYAH HASSAN

Sumayah Hassan is the founder of Recite & Reflect. A project aimed at changing the way we experience the Qur'an through tadabbur or reflection. Her workshop was designed for non-arabic speakers using English resources to help women create a personal connection to the Qur'an.

Sumayah offers one-to-one faith-based mentoring, counselling and support groups for Muslim women. She is also the voice behind the Sincerely, Sumayah podcast and a co-host of Honest Tea Talk.

USTADHA UMM SALIHAH

Umm Salihah is a dedicated mother of three and student and teacher of the Qur'an. Passionate about connecting sisters with the Qur'an, she founded Qur'an Halaqah, a charity focussing on rekindling sisters relationships with the Qur'an. The charity offers gatherings like this, retreats, a Qur'an Development Programme, and Qur'an coaching.

Having completed her Hifdh, she is pursuing Ijaazah and exploring Qira'at. She also studied classical Islamic sciences, Uloom Al-Qur'an, and Tazkiyyah in Egypt and Turkey. She is a part-time university lecturer and education researcher, specialising in training teachers to enhance classroom impact.

The retreat leaders will also be supplemented by our own Qur'an Coaches and other students of knowledge who will be there to share timeless tips and tricks and ensure that your stay is a beneficial one. There will also be special inspiring online sessions from our teachers who aren't able to join in person such as Ustadha Samia Mubarak.

The Venue



De Vere Latimer Estate is a 19th Century country estate set in 30 acres of Buckinghamshire parkland. It boasts breathtaking scenery and overlooks the Chiltern hills- perfect for our outdoor reflective sessions and walks.

We will be staying together in the Latimer Mews building, perfect for creating our intimate retreat feel. Come prepared for a rejuvenating break and an opportunity to delve into the Qur'an in luxurious settings, topped off with good company.



What is covered in your retreat ticket?

Your retreat ticket is fully inclusive and you are sure to have an unforgettable experience including the following:

Full luxurious accommodation – you will be housed in a reputable hotel in beautiful grounds. Choose between single rooms and twin rooms with calm décor making them a relaxing home from home.

Full itinerary, activities and treats – we have put together a heart moving programme consisting of inspiring lectures, practical workshops, coaching sessions, night prayers and more! You will be taking part in activities to help you connect with the Qur'an, unwind, and build sisterhood all at the same time.

Food and drink – you will be served delicious meals for the duration of your stay and have access to unlimited refreshments. We will be eating dinner in a beautiful private dining space for the ultimate dining experience.

Retreat resources – who doesn't love a good booklet? Our handout for the retreat will be filled with gems, tips and words of wisdom: a perfect keepsake for future reference. We're even putting together a bespoke goody bag to help you on your Qur'an journey long after the retreat has ended.

What is special about the QH Qur'an Retreat?

This is **a unique opportunity to take time out and dedicate our attention to rekindling our relationship with the Qur'an and our Lord** in beautiful settings. We recite these suwar every day—but do we truly live by them? If we did, our hearts would be stronger, our fears lighter, and our reliance on Allah unwavering. Who is As-Samad? What does it truly mean to take refuge in Him?

This retreat is about setting our foundations aright—moving beyond habitual recitation to actively living the Divine guidance within these suwar. It's about uncovering the hidden gems that we didn't even know we were missing and embodying their teachings in our daily lives.

We will be working holistically to improve our love for the Qur'an and our ability to recite, memorise and understand the Qur'an.

Surrounded by those who are also on this journey with the Qur'an, the QH Qur'an Retreat provides the perfect event for you to seclude yourself with Allah, let your hair down and benefit from fun and enjoyable activities surrounded by like minded sisters.

The retreat will be led by knowledgeable and inspirational teachers and sisters, who provide beautiful examples of leadership within our community, demonstrating that it is indeed possible to **realise our Qur'an dreams and become the best Muslimahs that we can be**—even in these modern times.

FAQs

How many beds are there in the standard hotel rooms?

Room options include a single room with one single bed, a double room for sharing with one double bed, or a twin room for sharing with two single beds.

Can I bring my child to the retreat?

Where possible, we encourage sisters to attend the retreat without their children, so they can fully immerse themselves in the experience. However, we understand this may not be feasible for everyone. For those who need to bring their children, we are happy to consider this on a case-by-case basis, subject to availability. Limited crèche facilities are available and will be allocated on a first-come, first-served basis. Please note that there is a charge for using the crèche. To request crèche support or discuss your situation, kindly email the team at salam@quranhalaqah.com as soon as possible.

I would love to come to the retreat but can't afford the price, is there any way I can still attend?

Our aim at Qur'an Halaqah is for sisters from all walks of life to be part of our Qur'an community. As such, our policy is to try and accommodate everyone and not turn away those who may be in financial difficulty. We are currently working towards obtaining discounts and sponsorships for those who cannot afford the full retreat price.

For further information on financial assistance, please contact us at salam@quranhalaqah.com. These will be reviewed on a case by case basis.

We do kindly ask you to bear in mind that Qur'an Halaqah is a charity initiative, reliant upon donations. However, we assure you

that we will do our utmost to help all sisters to attend in sha Allah.

Is there Parking at the venue?

Parking is available and free of charge.

I need to cancel my room as I am now unable to attend, what shall I do?

Any cancellations must be confirmed via email to salam@quranhalaqah.com and will be subject to the following charges:

- 90% of the full retreat price if cancellation is made within 4 weeks prior to the start date of the retreat
- 70% of the full retreat price if cancellation is made between 5 – 6 weeks prior to the start date of the retreat
- 50% of the full fee is payable if cancelled between 7 – 8 weeks prior to the date of the retreat

Alternatively, it is possible to transfer your booking for the retreat to someone else's name, however please note that we are unable to refund you and then sell it to the new person. Any payments will need to be dealt with between the other person and yourself. After you have transferred your place, please inform us of the updated details via email (at salam@quranhalaqah.com) not later than 15 working days prior to the event and we will confirm the change for you.

Please note that booking changes are only permitted up to a maximum of 7 days before the event. With a limited number of spaces for our retreat we expect in shaa Allaah to have more than enough sisters willing to attend should you need to cancel your place.

What are the exact location details of the event?

De Vere Latimer Estate, Chesham, Latimer, Chesham HP5 1UG

Can I attend with a mahram?

This is a sisters only retreat, but we are able to make arrangements for a limited number of sisters to attend and stay at the hotel with a mahram. This would require you to stay in a different hotel building within the hotel grounds. Please email salam@quranhalaqah.com for more information.

How do I come by tube/rail?

De Vere Latimer Estate's nearest station is Chalfont & Latimer, 5 minutes away by car. The station is on the Metropolitan tube line and offers direct links to Baker Street and BR's Chiltern line connecting into London Marylebone. Visit www.nationalrail.co.uk or phone 08457 484950 for further information.

How do I sponsor your event?

We appreciate your interest in sponsoring the event and the organisation- it is indeed an opportunity to support sisters on their Qur'an journeys. Please email salam@quranhalaqah.com and someone will be in touch. May Allah love you.

I cannot pay all at once, can I pay some now and some later?

A payment plan is available for purchase on the website. You can also secure your place with a non-refundable deposit. Please contact us at salam@quranhalaqah.com

Purchase Tickets

We can't wait to see you! Spaces are limited for this exclusive sisters' retreat and will be allocated on a first come first served basis. Don't miss this opportunity to step away from the noise of the world and step into the refuge of Allah's words.

Buy your tickets here:
www.quranhalaqah.com/#qretreat

Do not hesitate to get in touch with us and contact us should you have any other questions at salam@quranhalaqah.com.



Qur'an Halaqah is a project that yearns to encourage and practically support sisters on their Qur'an journeys.

The overwhelming focus is on ensuring sisters transform themselves through, and excel in, their study of and interaction with the Qur'an.

Our goal is for us all to foster the strongest relationship with our Rabb and journey to Him through His Speech.

May Allah make us truthful and sincere, accept this as a means of seeking His pleasure and raise our ranks.

Ya rabb, please, make us from your people and your specialties