



AN EXCLUSIVE SISTERS' QUR'AN RETREAT



THE POWERHOUSES OF

# Surat Al Baqarah

EXPLORING ĀYAT AL KURSĪ AND THE  
FINAL TWO ĀYĀT OF SURAT AL BAQARAH

Friday 14<sup>th</sup> Aug -  
Sunday 16<sup>th</sup> Aug 2026

De Vere Latimer Estate  
Chesham, HP5 1UG



Register Online

[quranhalaqah.com/qretreat](https://quranhalaqah.com/qretreat)

# ANNOUNCING OUR Qur'an Retreat

MISS IT.  
MISS OUT!

This unique retreat, taking place from Friday 14th August -  
Sunday 16th August 2026, will revolve around these  
virtuous, oft-repeated Āyāt of Surat Al Baqarah :

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ  
عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ  
وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾

Surat Al Baqarah: 255

ءَامَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِاللَّهِ وَمَلَائِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ  
أَحَدٍ مِّنْ رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٨٥﴾

لَا يَكْلِفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِن نَّسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا  
تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ  
لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٨٦﴾

Surat Al Baqarah: 285-286

REFLECTION

## WHERE DO YOU SEEK YOUR STRENGTH AND POWER?

When life drains you and the heart feels heavy,  
where do you turn to be restored?

True strength is not found within the self alone – it  
is found in returning to Allah.

And in the healing guidance of His Book, which  
revives the hearts and anchors the soul.

In Surat Al-Baqarah, we are reminded of powerful  
āyāt that ground the believer in certainty and  
reliance upon Allah – from the virtue of Āyat  
al-Kursī, to the final āyāt of the Surat which the  
Prophet ﷺ described as “sufficient” for the  
believer.

These are not just verses of regular recitation.

They are sources of strength, protection, and  
return.

So what does it truly mean to seek  
strength from Allah?

## WHAT IS THIS RETREAT ABOUT?

*"The Powerhouses of Surat Al Baqarah" is a deeply immersive Qur'an retreat designed to reconnect the heart to Allah through selected āyāt of Surat Al-Baqarah.*

*It is a space of reflection, understanding, and spiritual renewal.*

*A space to step away from noise and return to the Qur'an as guidance for the heart and life.*

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## WHY SURAT AL-BAQARAH?

*Surat Al-Baqarah is a comprehensive Surat of guidance, belief, legislation and protection.*

*Within it are āyāt that strengthen īmān, anchor the believer, and bring clarity to the heart.*

*From Āyat al-Kursī to its final verses, it is a Surat that reshapes how we understand reliance upon Allah and internalise His Majesty.*

Get ready to  
transform  
yourself through  
the Qur'an!

## WHAT AWAITS YOU AT THE RETREAT?



You'll **unpack the tafsīr**, deep meanings, and significance of selected āyāt from Sūrat Al Baqarah under the nurturing guidance of well-versed teachers and mentors. We've named these "Powerhouses" due to their significance, the emphasis placed on them, and how engaging with them can become a catalyst for deep transformation.



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 our **relationship with Allah** through recitation and reflection, an 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** designed to help you move from theory to lived reality, connecting these āyāt to your daily life and wellbeing



You'll experience a weekend of **spiritual rejuvenation** in a serene setting surrounded by sincere, meaningful sisterhood.



## RETREAT LEADERS



### USTADHA ABEER SADARY

Abeer is a student of knowledge who has been engaged in seeking knowledge for nearly fifteen years, having completed her ḥifdh of the Qurʾān early in her journey. She has studied various Islamic sciences with reputable scholars in traditional settings, alongside formal university study.

She holds an undergraduate degree in 'Ulūm al-Qurʾān with a major in Tafsīr, followed by a Master's degree in the same

field. She also holds a degree in Industrial Economics.

At present, Abeer continues her studies across a range of disciplines and teaches intermediate to advanced 'ilm classes for women, both online and in person in London, UK.

<https://quranicreflections.com/>



### USTADHA OLA SHOUBAKI

Ola is a British Palestinian of Gazan origin. She completed a BA in Arabic at SOAS and then spent two years at the International Islamic University of Malaysia doing a Masters in Arabic Linguistics, where she specialised in the science of Ishtiqaaq - Arabic Etymology - with particular regard to its role in tafseer of the Quran.

Ola started teaching Arabic while still a student at university, and over the years has developed an intuitive style of teaching that is sensitive to the particular problems posed to the English speaker.

Her campaign as a teacher and researcher of quranic linguistics is to try to get people to turn away from translated meaning of words and turn back to the original arabic by showing them the depths and gems that are always 'lost in translation,' and to this end she started the Arabic Gems Institute, which produces and delivers unique courses in English that aim to allow the students to feel and experience the essence of the Quran through its original Arabic.

<https://arabicgems.co.uk/>

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*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.*



## RETREAT LEADERS



### 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.

She holds Diplomas in Arabic & Islamic Studies, Advanced Qur'anic Exegesis, and in

The Fundamentals of Tafsir & Sciences of the Quran from Cambridge Islamic College.

She is also the voice behind the "Sincerely, Sumayah" podcast and a co-host of Honest Tea Talk.

<https://sumayah.substack.com/>



### USTADHA UMM SALIHAH

Umm Salihah is a dedicated mother and passionate educator of the Qur'an. She has completed her Hifdh and is currently pursuing Ijaazah, specialising in Qira'at, and has studied Uloom al-Qur'an and Tazkiyyah in Egypt and Turkey.

An award-winning educator and international research presenter, her work centres on Qur'anic formation and transformative learning, particularly in nurturing both teachers and learners to embody the Qur'an in practice. Alongside this, she serves as a part-time university lecturer and education researcher, specialising in teacher development to

enhance meaningful educational outcomes.

Passionate about connecting sisters with the Qur'an she is the founder of 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 for students and teachers alike, and Qur'an coaching. Umm Salihah leads her work under the banner of Nurturing the Nurturers—a vision dedicated to supporting nurturers in their spiritual growth, resilience, and long-term development.

<https://ummsalihah.substack.com/>

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## THE VENUE

De Vere Latimer Estate 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.

This year we'll be staying in a new building! We'll have our retreat in The Waterhouse Suite, a building that we will have exclusively to ourselves, 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 double rooms with calm décor making them a relaxing home away 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** – 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 our meals 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 āyāt multiple times 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 Al Hayy Al Qayyum? What does it truly mean to seek strength from Him?

This retreat is about setting our foundations aright—moving beyond habitual recitation to actively living the Divine guidance within these āyāt. 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.





### 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](mailto: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: [salam@quranhalaqah.com](mailto: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](mailto: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](mailto: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 sha 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](mailto: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](http://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](mailto: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](mailto:salam@quranhalaqah.com)

### What time does the retreat start and end?

The retreat runs from 5pm Friday 14th August to 5pm Sunday 16th August. Full arrival info will be shared with attendees.

# 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](http://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](mailto: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*