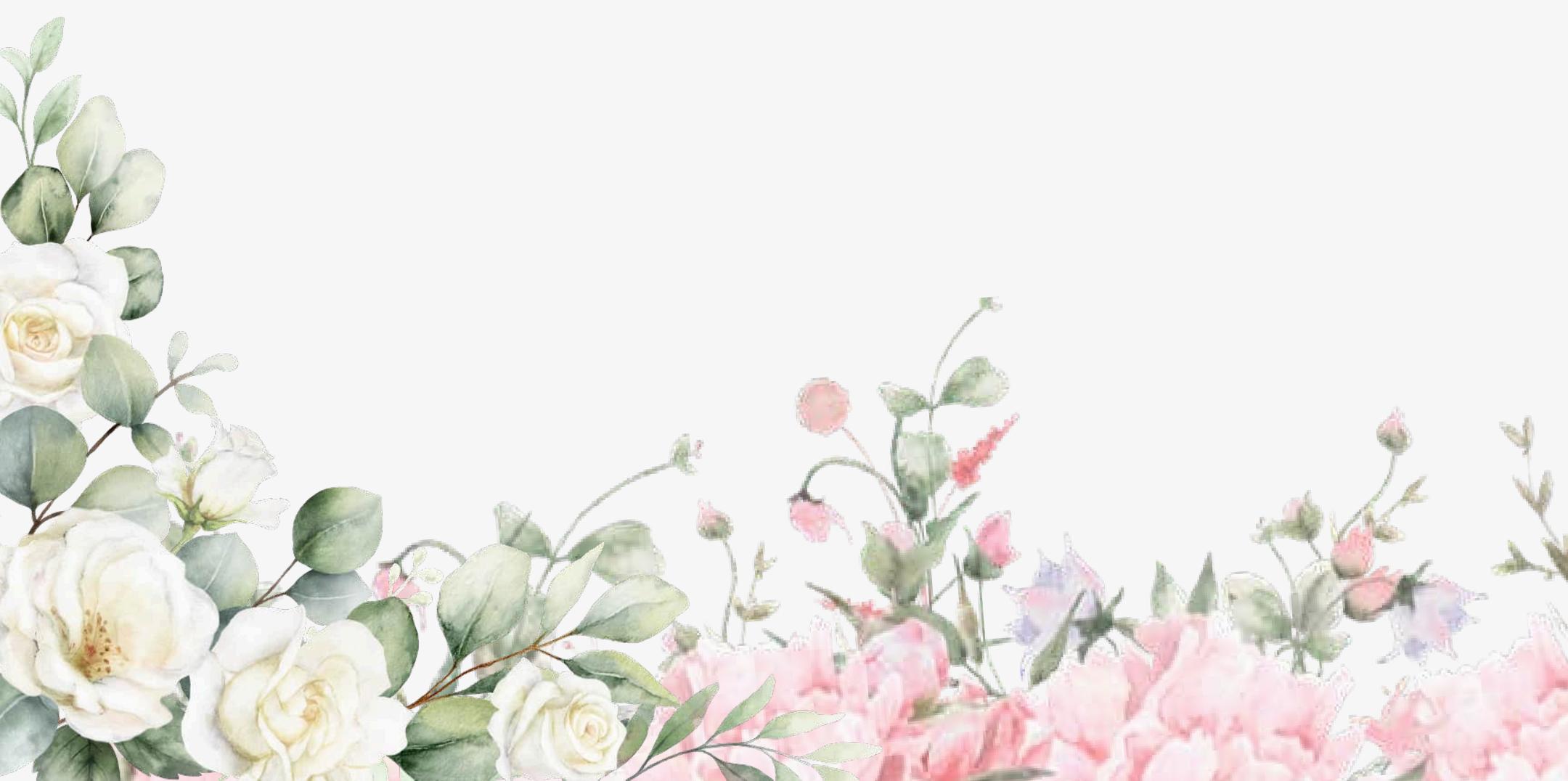




# In His nearness

*An Inner Circle Retreat with Jumaiyah*

9 - 11 January, 2026





*Inner Circle Retreats invites women to seek a deeper meaning to their presence, nurturing spiritual awareness and mindful connection with God. It is designed to offer clarity, a space to reflect, realign intentions and embrace a purpose-filled life grounded in faith.*



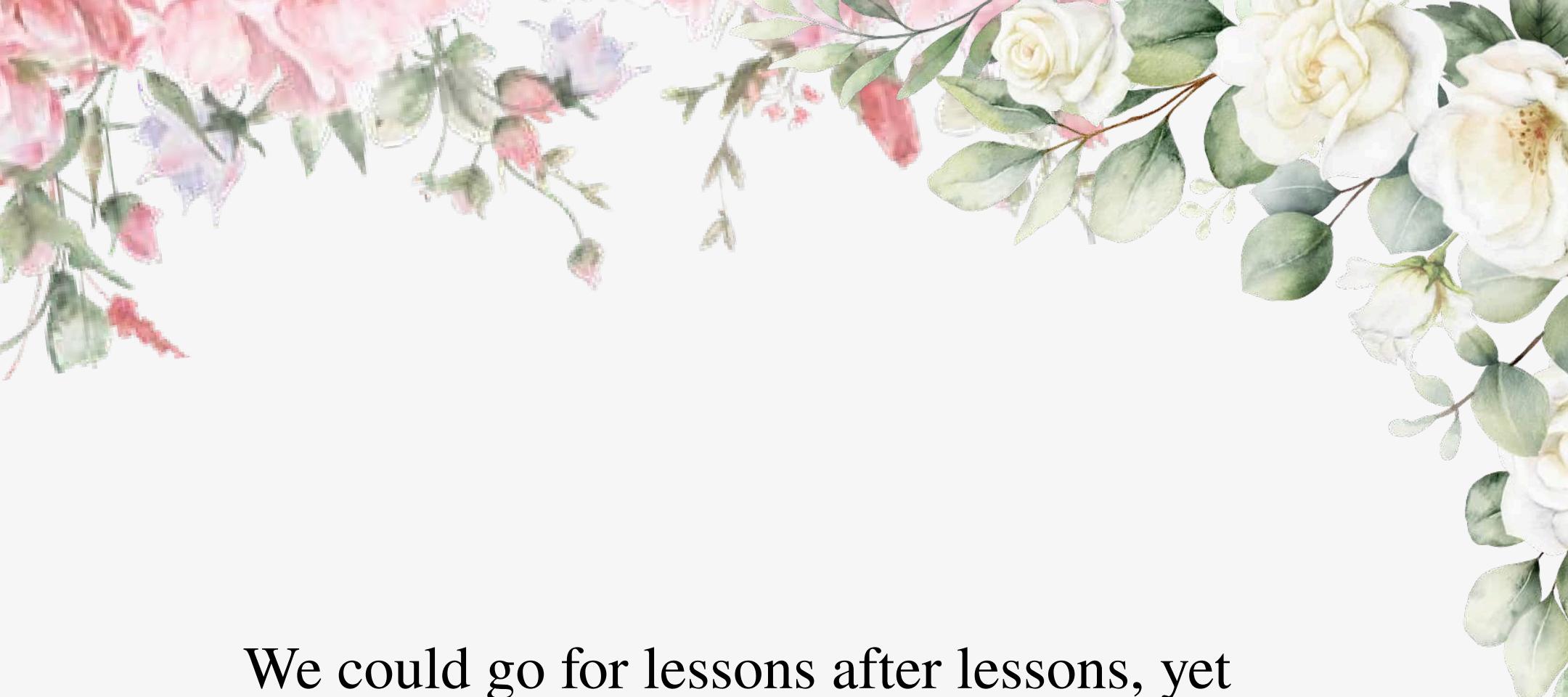
# *Dear friends,*

I wrote this retreat especially for you, from the part of me that is a woman ❤️. Not from the part of me that is a mom, nor the part that is a business owner - just the part of me that is a woman. 🌸

Before I tell you what it is about, I want to share with you a little story. 📖

Some 10 years ago, I used to attend classes and talks - 📕 many of them. Every week, every month, over many years. And then one day, I stopped 🚫

I stopped because I found that even the simplest of concepts that we learn in Islam would take time 🕒 to implement, and ✅ completely internalised. We need to live and breathe these small but mighty lessons that serve as our 📖 guide to how we live our lives in submission to Allah.

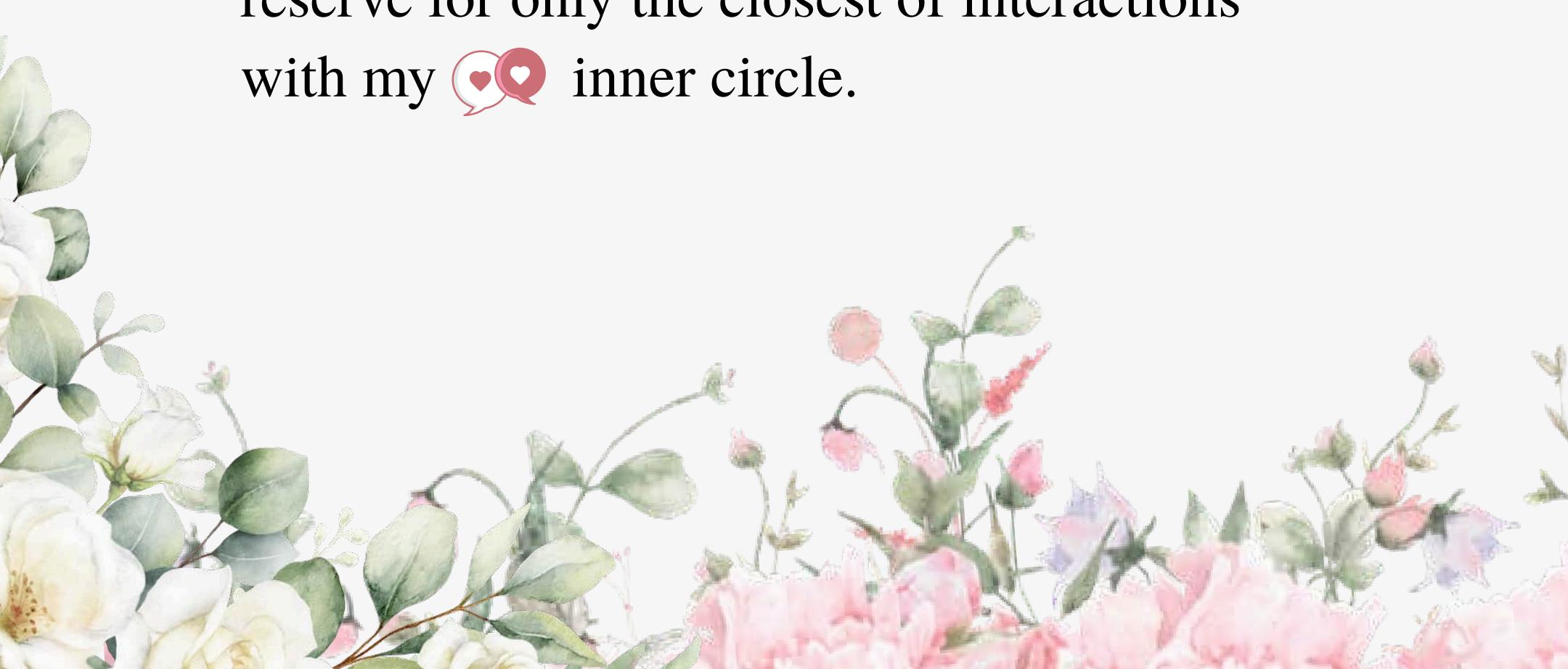


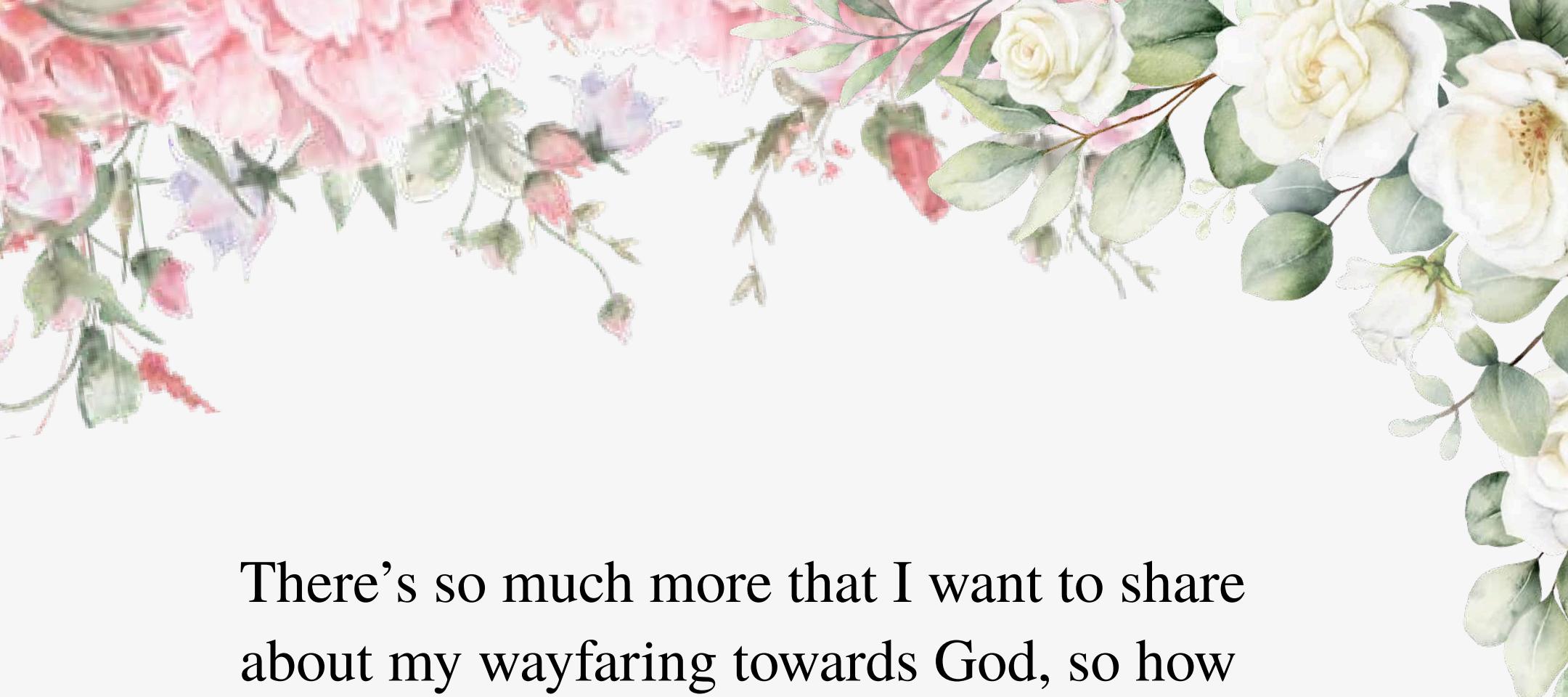
We could go for lessons after lessons, yet find ourselves (again)  mistakenly attributing our achievements to our own hard work the very next day. I think we could all do better  than that.

Over the years, intentionally making the effort to be better at being God-conscious has  guided me in making decisions  surrounding my family, my career, and most recently, parenting.

To do this, I make it a habit to constantly reflect  and have conversations  with God.

You may have seen some snippets of these reflections on my Instagram. Those make up just the tip of a very huge iceberg  that I reserve for only the closest of interactions with my  inner circle.





There's so much more that I want to share about my wayfaring towards God, so how about this. 

Let's get together, learn together,  and re-centre ourselves with God with the guidance of the inheritors of Allah's  knowledge - our respected Ustazah, away from our regular busy lives. 

It is my *Hope* that you would come to our halaqahs with an open mind and heart  , ready to be vulnerable.

It is also my hope that you would leave the retreat more grounded in yourself and your relationship with Allah swt just as I have done from the last spiritual retreat I attended.

*Welcome* to my Inner Circle.





# In His nearness Learning Circles

---

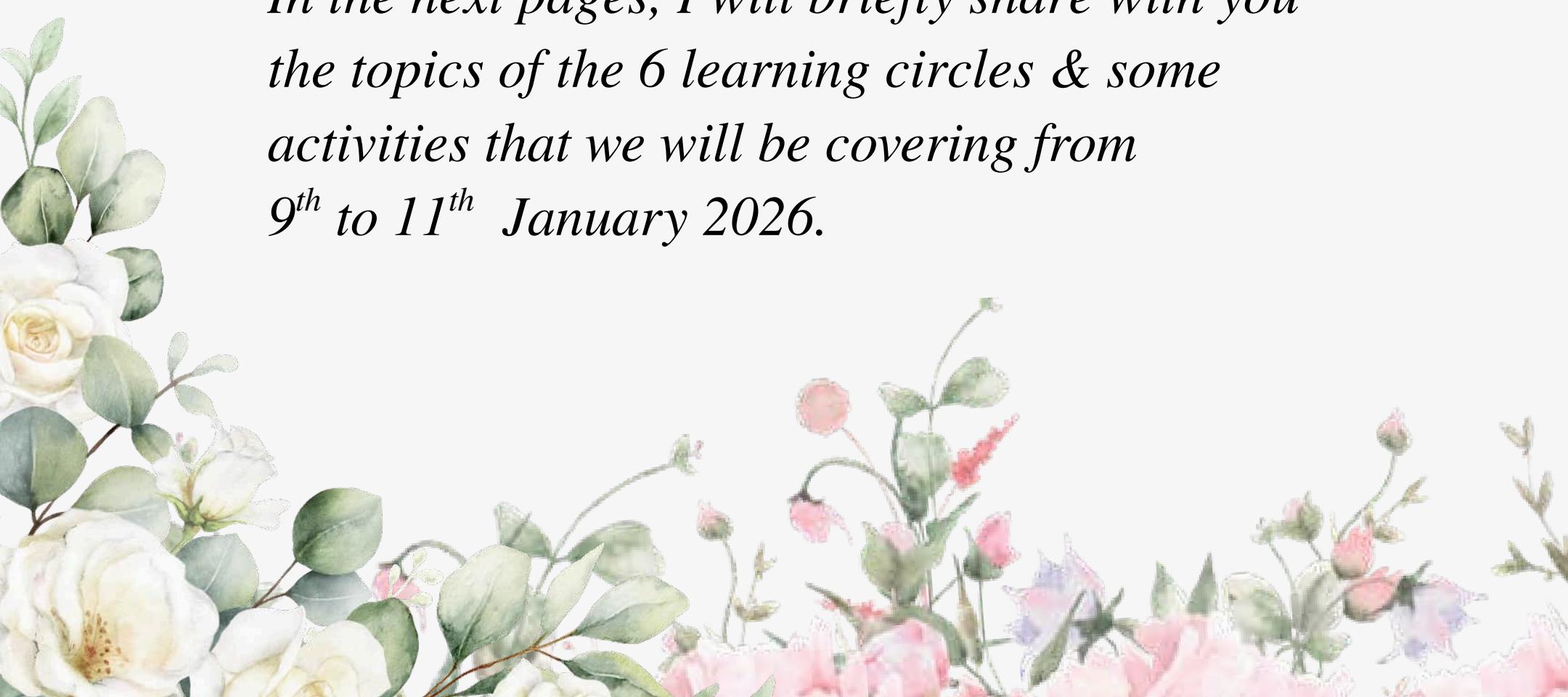
*In designing this 3 day retreat, I wanted to bring together the simplest yet biggest lessons that I've learnt over the past 10 years that have helped me find clarity and purpose for my stay here on earth.*

*Unsurprisingly, it involved **revisiting and strengthening my relationship with Allah, unlearning previous beliefs and forming new more purposeful intentions** that have been guiding my everyday decisions involving myself, my family, my business and most recently, parenting.*



*So, for 3 days, I am inviting you to do just that, with our spiritual guide, Ustazah Nadia Hanim. I will also be there with you every step of the way as you rest and reflect.*

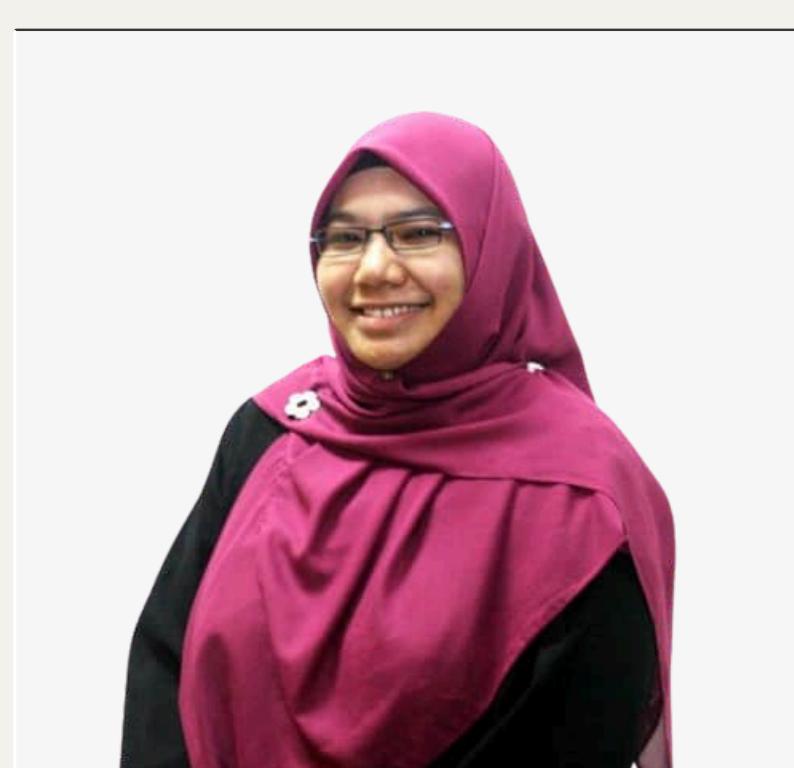
*In the next pages, I will briefly share with you the topics of the 6 learning circles & some activities that we will be covering from 9<sup>th</sup> to 11<sup>th</sup> January 2026.*



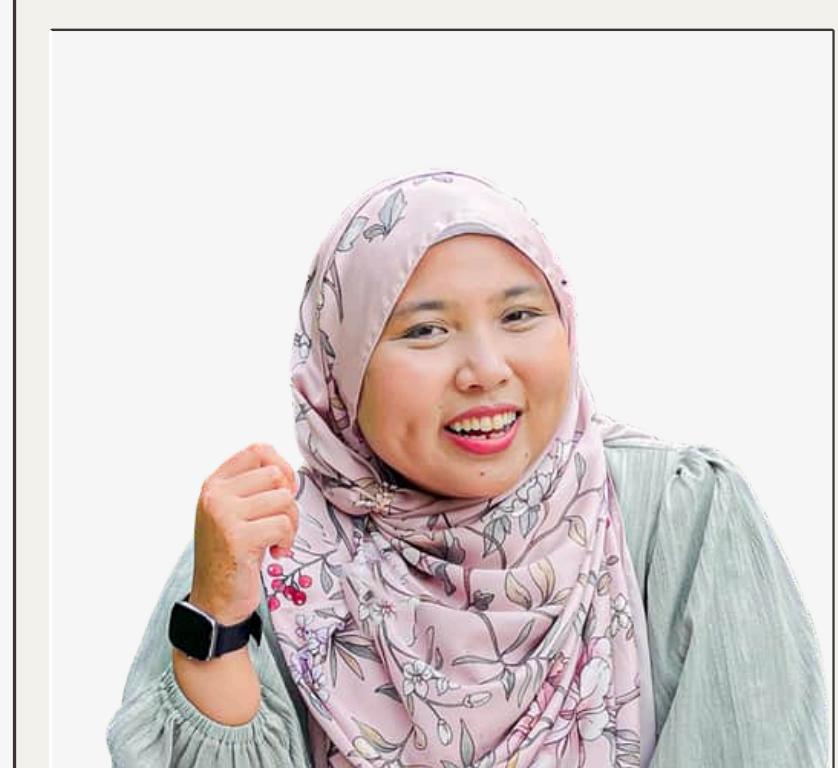


# *The Guides In His nearness*

---



*Ustazah Nadia Hanim*



*Sis Jumaiyah.*

## Learning Circle 1

*We need to recognise success, as defined by God.*

Growing up, I was susceptible to the visions of success repeatedly shown in front of me: the house, the car, the wealth, the spouse, the children, the never-ending travel holidays and even the highly respected position from an illustrious career. I know you know what I'm talking about.

All of these became my visions of success, aspirations, my end game for my life.

You can blame this on other people, society, syaitan, or even western propaganda, it doesn't matter. I went ahead and walked the path that led me straight to them.

Is it wrong to chart my life in that trajectory? Perhaps not.

## Learning Circle 1

*We need to recognise success, as defined by God.*

However, it also wasn't the wisest decision to be made either. Some years down this path, I felt failure.

I felt like I wasn't going anywhere, I felt so beaten up in this search for the elusive "success" that everyone seems to want.

So I stopped, and asked God - Where is it? And also... What is it, actually?

God answered, but not in a manner I had expected.



## Learning Circle 2

### *Where does our true self-worth lie?*



When I didn't manage to grasp in my hand the version of success I wanted, I felt rejected. Not just by clients, community, or people - but also by God.



Why did he not give me this success that I wanted so badly?

***Had I not worked for it?***

***Do I not deserve it?***

*Am I not worthy of that position - that work, that title, that promotion?*

*Am I not worthy of a six-figure income?*

*Am I not worthy of having more children?*

*Am I not worthy of a million followers on Instagram?*



## Learning Circle 2

Where does our true self-worth lie?



*Is that why Allah has not given me success?*

*Is it because I'm not worthy of it?*



At the same time, I see so many others that do not obey the commands of God, and yet He granted them so much money and success! I remember being so angry with God, asking Him... WHY!!



Back then, I really struggled coming to terms with this.

I can already hear you say it:

***“That’s not how you should define your worth, Jums.”***



Okay, fine.



So, if my worth is not in my achievements, career, money in my bank account, ***then where is it?***



## Learning Circle 3

● *What are Allah's gifts especially for women like me?*



In this season, I want us as women to be reminded of who we are meant to be, and that we are fundamentally different from men.



Like me, some of you were most likely raised as a hyperindependent with an excessive exposure to the Western ideas of what women should be. aka. *Miss Independent, aspiring to have-it-all, always getting that bag.*



In my inner circle retreat, I would like to invite you to take a pause and forget for a moment our opinions of ourselves.



Let's learn also about Allah's opinion of us.

***Why did Allah create us women?***

***What is our function here on earth?***





## Learning Circle 3



*What are Allah's gifts especially for women like me?*



While writing this, I am recalling one of my favourite verses that reminds me to see Allah swt in every blessing that I have. It also reminds me of what it means to recognise and honour the blessings that Allah swt has given me in my life.

**55:23 *To which of your Lord's favours will you both deny?***



I'll share with you one example.

One of the greatest gifts I have from Allah swt, is my husband. To recognise my husband as a blessing from Allah swt is to honour him in the role that he is meant to play in my life, as defined by God (*not as defined by me*).





## Learning Circle 3



*What are Allah's gifts especially for women like me?*



If my gift from Allah as a woman is to be the one that is to be provided for, this means that in gratitude to Allah for this gift, *I need to learn to be dependent on my husband* as my provider as an act of gratitude and devotion to God.



***But does this mean that I should not have my own wealth, my own career, my own aspirations? How do we marry both these parts of our womanly selves?***



There are many other gifts that Allah has granted especially to women, and we should learn about them, embody them, and find our freedoms through them.





## Learning Circle 4

### *How can I attain the Freedom of Money, Time and my Soul?*



Talk to any young, ambitious person in pursuit of a business or charting their own path. Ask them what they are looking to achieve in their career, and there's a high chance that they will tell you that their dream is to be financially independent.

Am I talking about you?  
I sure was talking about myself!

I could talk to you about being financially free, and being able to spend time doing things I wanted with the people I love.

I would hustle day-in, day-out working as much as I can because I believed that at the end of all the hard work over many years I would finally be rich enough to retire and then have that freedom of time.





## Learning Circle 4

### *How can I attain the Freedom of Money, Time and my Soul?*



I was that person once upon a time ago.  
And then one day, I stopped.



I learnt that there was something fundamentally wrong with having a life like that.

Why? Because my soul felt trapped.



I had to re-learn what freedom of time, money and soul meant.



I had to also re-learn courage and where God was in all of this.



Ironically, I was only able to have all these freedoms through being dependent, and in the absence of them from my mind.



Oh, the paradox of it all.





## Learning Circle 5

### *The art of being dependent on God, and why I should learn it.*

You need to understand that I am only speaking from my lived experience as a muslim who tries her best to be God-conscious every day.

Of course, I lapse sometimes, as all humans do.

I've tried being fiercely independent, but instead learnt how that can entrap me. Then I did the 180 and learnt the art of dependency on Allah's mercy. Through these lived experiences, I am always in awe of how Allah teaches the best lessons in life through His paradox.

How does one attain freedom through being dependent?

I can't explain it to you, but I'm sure Ustazah can.

I have always felt like Allah swt did not grant me direct access to his sacred knowledge despite my trying. **Why?**

Ustazah, I have always felt like Allah swt did not grant me direct access to his sacred knowledge despite my trying. **Why?**

## Learning Circle 5

*The art of being dependent on God, and why I should learn it.*

I've tried for many years to pick up Arabic so that I can understand du'a, read hadith and reflect on scripture. But I have always failed.

When I say fail, I don't mean scoring badly in Arabic exams.

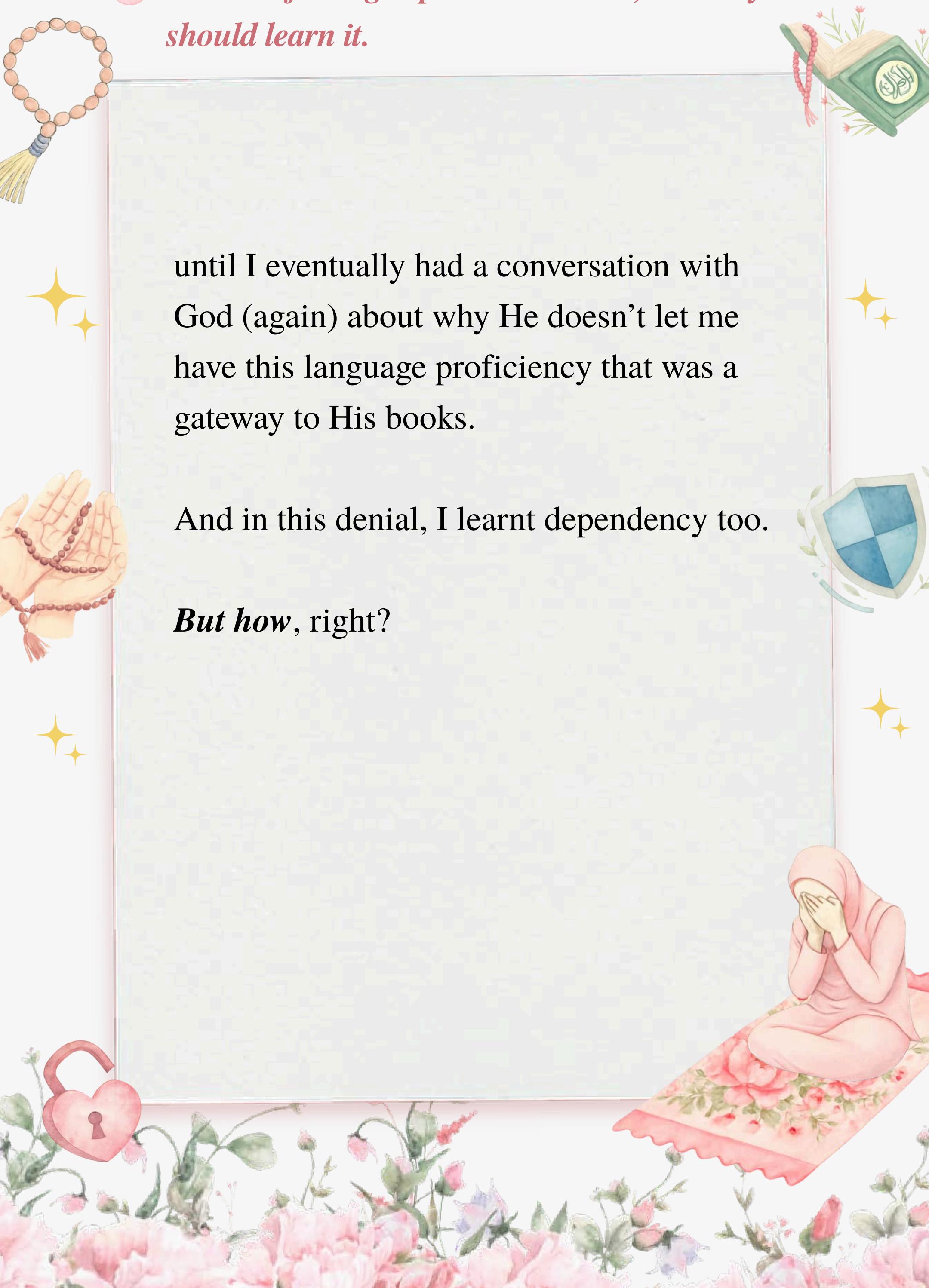
When I say fail, I mean.. despite doing well Arabic exams, I could never retain the language nor the knowledge once the exams were over. This is not the same with the other subjects that I took in school.

Just for Arabic, I had to keep relearning, and relearning the basics over many years



## Learning Circle 5

*The art of being dependent on God, and why I should learn it.*



until I eventually had a conversation with God (again) about why He doesn't let me have this language proficiency that was a gateway to His books.

And in this denial, I learnt dependency too.

**But how, right?**





## Learning Circle 6

● *Do you know why being grateful is the hardest form of worship to practise?*



I remember learning about our gender roles in a marriage. It was emphasized that my husband is to provide a home, food and clothing for me, and everything else if he is able to afford it.



Over time, my husband also learnt that providing a home, food and clothing doesn't just mean paying for everything.



It also means providing it in its literal sense of the word - cooking so that I have food to eat, doing the laundry so that I have clean clothes to wear, and cleaning up the house so that I have a comfortable space to live in - all of these are His responsibilities.



So the only question left to ask was...  
**What's my role?**





## Learning Circle 6

● *Do you know why being grateful is the hardest form of worship to practise?*



**“Your role is to be grateful”.**

I thought, **“Hmm. That’s easy enough!”**

Boy was I wrong.

He didn’t fold the clothes the way I did.

He didn’t clean up to my expectations.

And I can never find my pots and pans  
after he’s done in the kitchen.



There was always a reason to complain.

**Always.**



Each time, I have to stop myself and say “I  
can’t complain. I need to be grateful that he  
is fulfilling his role in my life”.



And that’s where I learnt that gratitude on  
its own is a challenge so great especially for  
women, because ***we know better***, don’t we?



## Learning Circle 6

● *Do you know why being grateful is the hardest form of worship to practise?*

We can always ***do it better, faster***, and with ***more finesse***. Weren't we, women, created to be advisors on earth afterall? \**I hope you can see my side-smile as you're reading this*\*

### But stop, girl!

It is in gratitude to Allah that we learn to slow down.

Gratitude carries a deeper meaning than just being thankful for what we have. In gratitude, we are able to see Allah's existence and it is also able to govern our daily choices. And if we can't yet do this through gratitude, then we need to relook and reframe how we have been practising gratitude.

***Let's do this together*** with my Inner Circle.



# *In His nearness*

## *Facilitating Activities*

---

*Over the 3 days that we are together, there would be 6 learning circles of 1.5 hours each, with plenty of breaks in between for rest, reflection, and connecting. You may choose to spend the extra time in solitude or connecting with others.*

*I am including several activities in this retreat to facilitate group reflections and also inculcate beneficial habits that we can do together.*

*Hopefully, you will take these activities and continue practising them after the retreat.*



# Activity 1

## Letter Writing



Throughout the retreat, there will be a box for you to drop letters for me.

You can write to me about anything - you have a question from a halaqah? a reflection you want to share? something that's been in your mind for a long time that you want some help with? The questions might even be about me because you want tips.

Writing down physical letters is a way to separate yourself from the mental load you carry. As you drop your letters for me, feel the burdens being lifted from your mind.

## Activity 2

Zikr Ma'thuurat & Morning Routines

In the previous retreat I attended, we were taught about Zikr Ma'thuurat. It is something that I took away from that retreat and practised on my own.

Without details, I want to tell you that practising this daily (or at least trying to) has been life changing.

But before this zikr for our mornings, it is time for subh, and before that would be Qabliyah Subh, and before that would be Tahajjud.

*So why not, let's do the ideal morning routine together before our skincare routine. 😊*

## Activity 3

Awareness of Mind & Body



To keep up with our ibadah, our responsibilities and other obligations, we need also need the strength of our body and mind. All of them go hand in hand.

There are many activities that can help strengthen our awareness of our mind and body. At this time, I'm still choosing the most suitable one for us to do it together.

So I guess I'll keep it as a surprise for those attending this retreat 😊

# Activity 4 Jums Unhinged

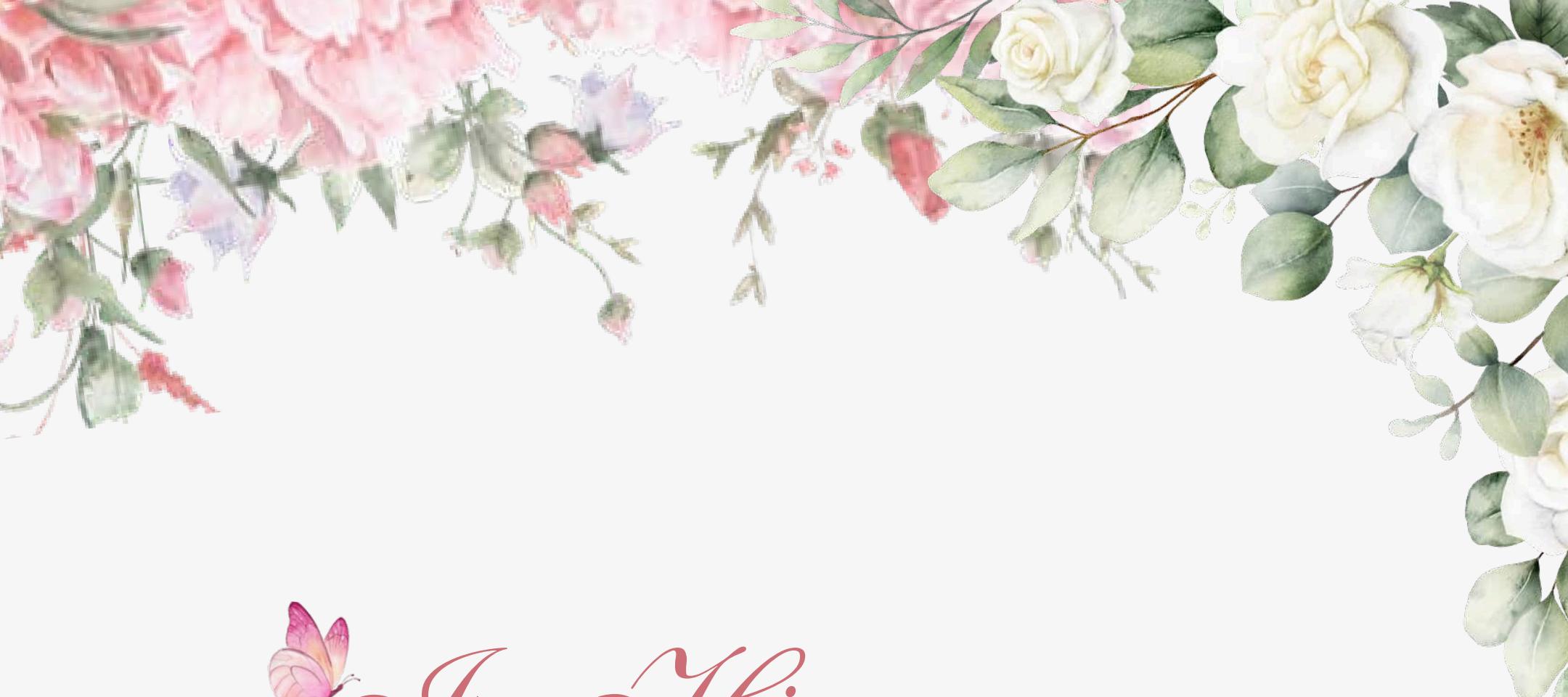


This is meant to be a fun (or intense) session depending on how you want it to be.

It is an extension of my online interactions with you on Insta Stories or on videos.

If you've been following me for some time, you'll know that there are questions that I won't answer in its entirety on a public setting where I would be misunderstood.

In our intimate setting, I will answer them for you, unhinged. **Ask away!**



# *In His nearness*

## *Main Intentions*

---

*Overall, this retreat is a time for rest, and recentering, as our main intentions*

*The itinerary may be adjusted to prioritise these 2 objectives when we are altogether in Nature.*

*Logistical Details to this retreat is in the next slides.*





# In His nearness

Target

---

*Who* is this retreat for?

*This retreat is for women, between ages of 25-45, who are looking for a deeper meaning to their existence and life in relation to Allah swt.*

*What* is the desired outcome of this retreat?

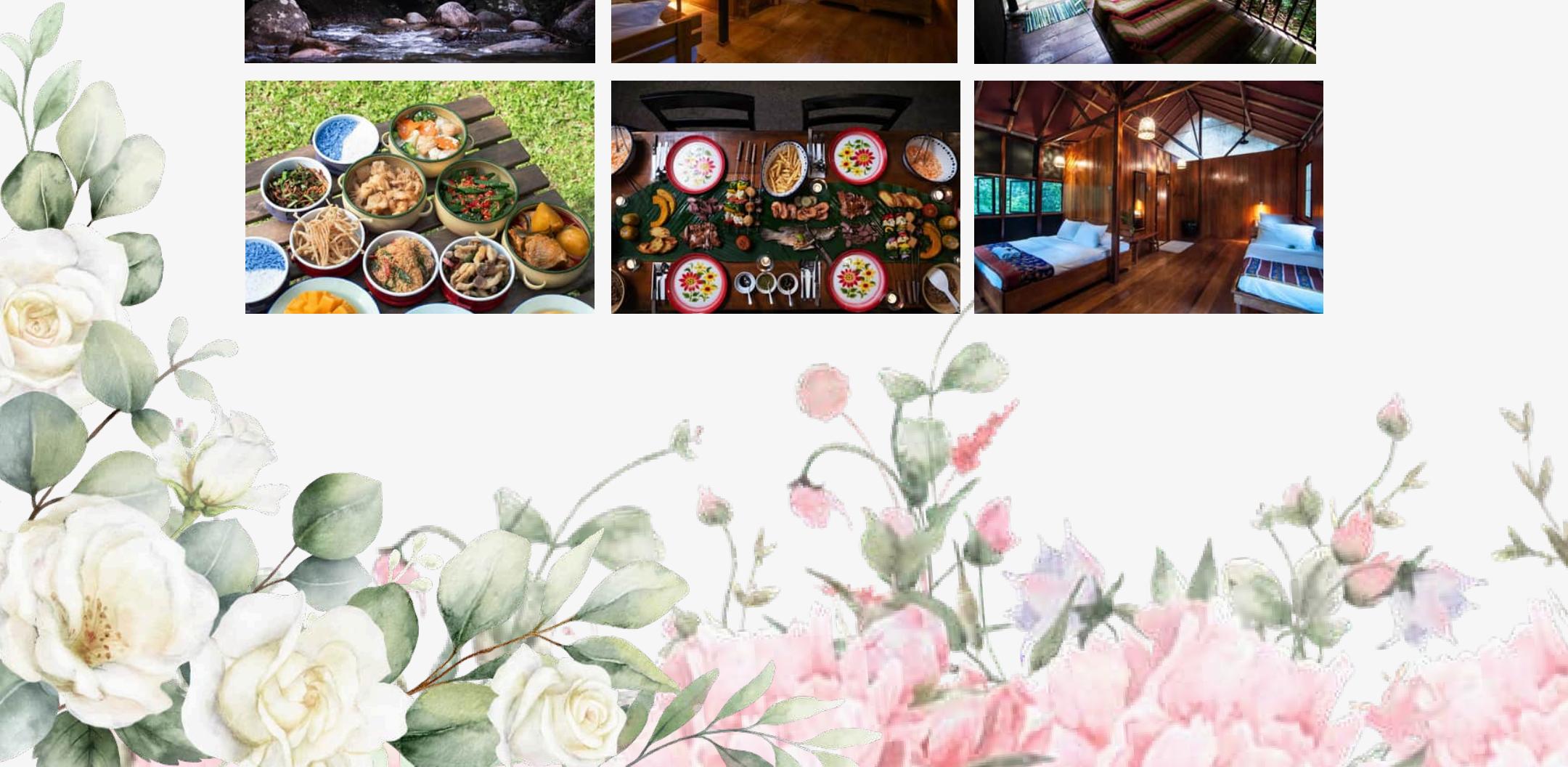
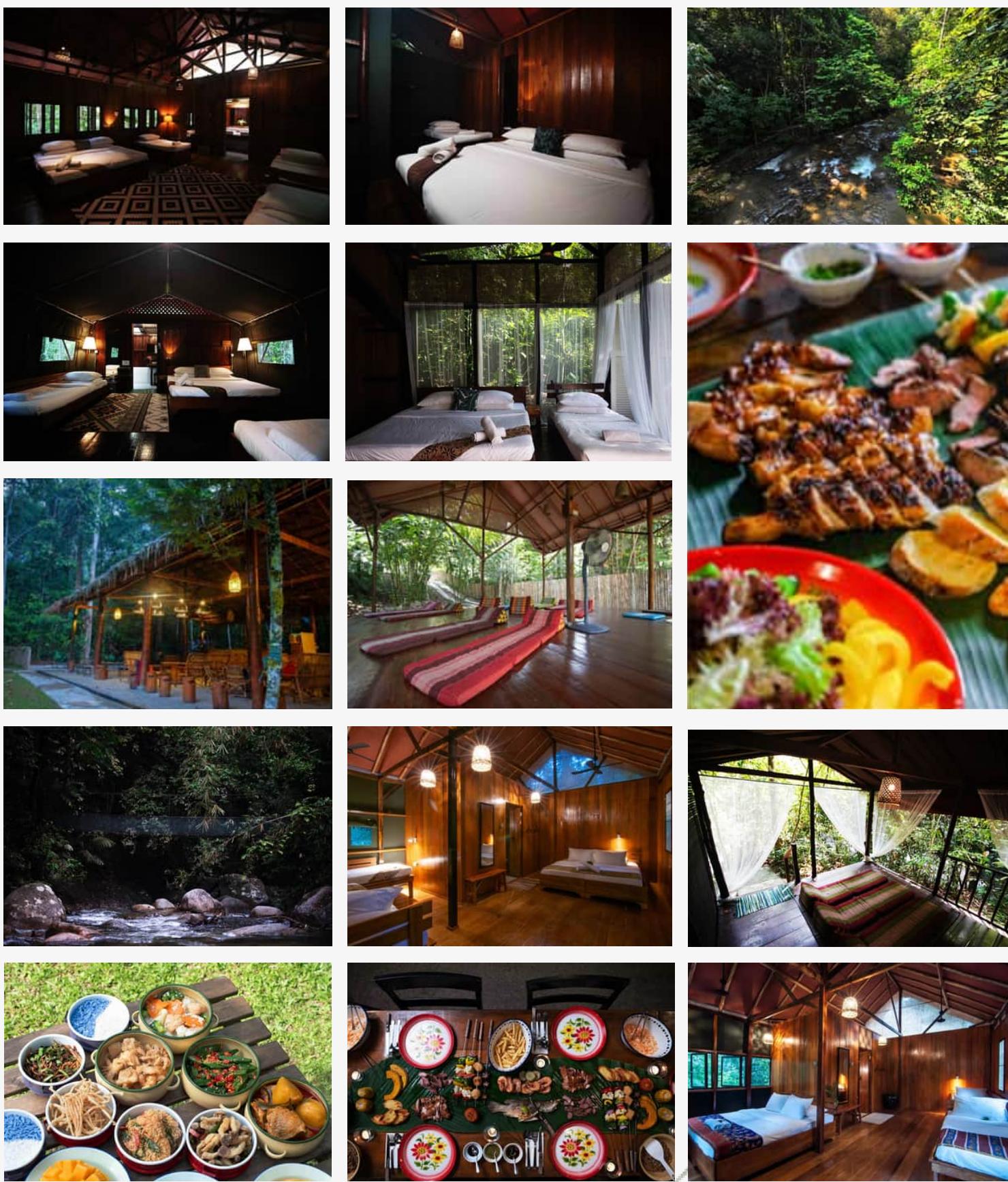
*To heighten God-consciousness among our participants for their daily lives, and that our relationship with Him is intertwined with everything we do, and 'faith' is not separated from our daily decisions and actions.*

*To help our sisters become more grounded and at peace with themselves and their stay on earth.*

# *In His nearness*

*Location*

*The Sticks*  
Lot 213, Jalan KKB - Fraser's Hill,  
Kuala Kubu Bharu 44000 Selangor





# *In His nearness*

## *Registration*

---

*How much* is this retreat?

**\$495 (Early Bird until 14 Dec '25)**

**\$565 (After 14 Dec)**

**PACKAGE INCLUDES:**

*\*Comfortable Nature Stay*

*\*Wholesome Full Board Meals*

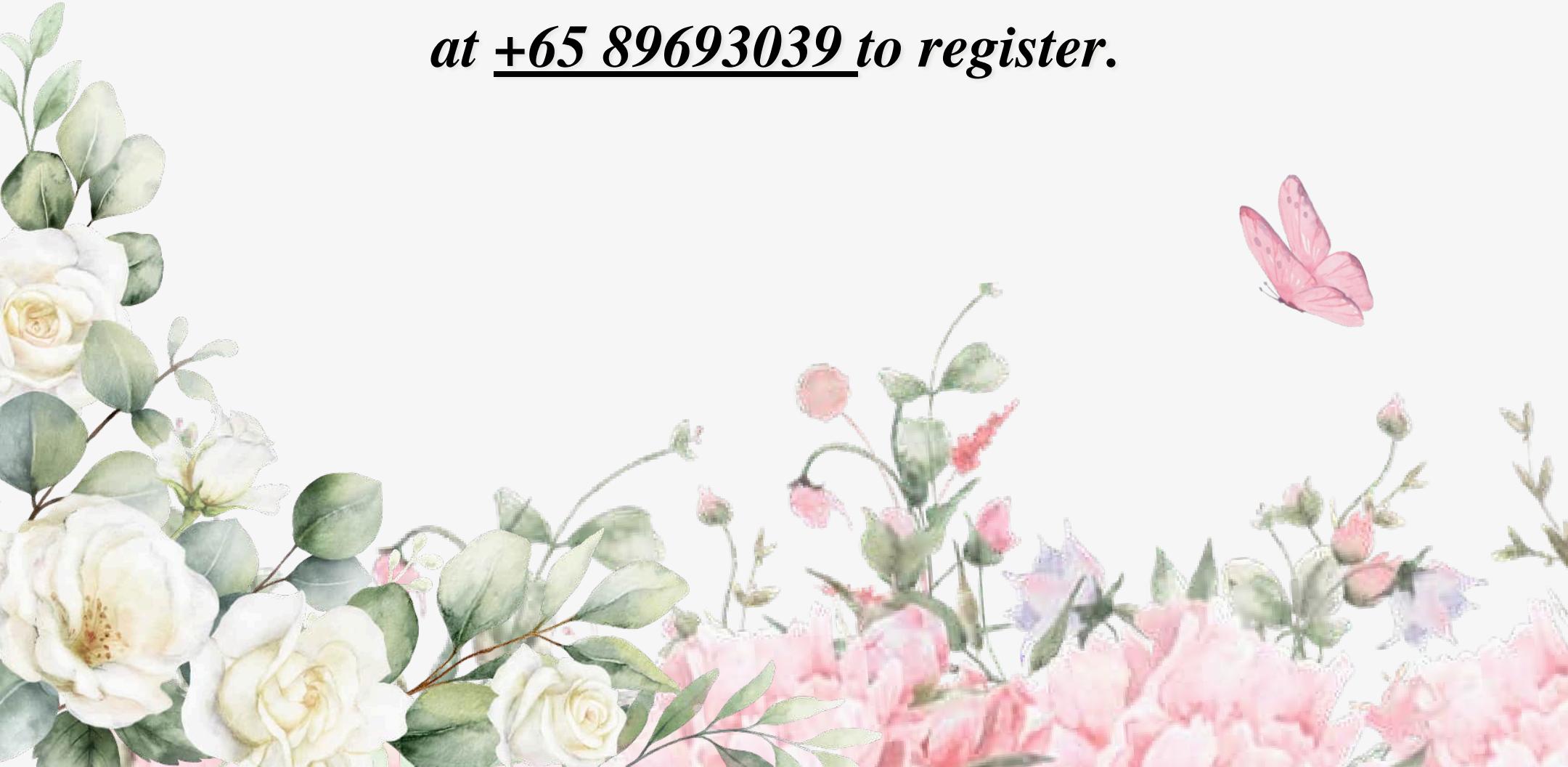
*\*Learning Circles with Ustazah Nadia Hanim*

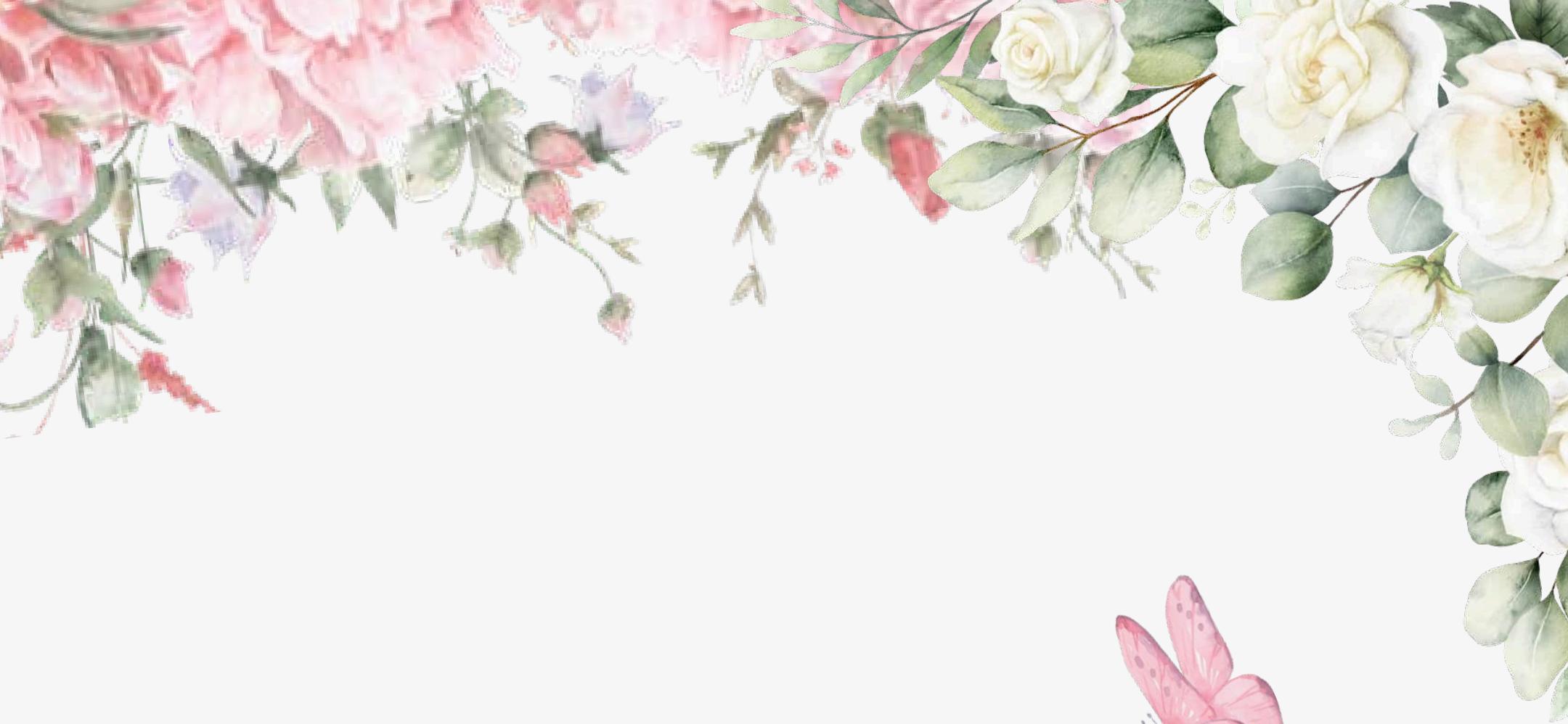
*\*Inner Circle sessions & activities with Sis Jumaiyah*

*\*2-Way Land Transport*

***Whatsapp Muslim Travel Club***

***at +65 89693039 to register.***





# *In His nearness*

*An Inner Circle Retreat with Jumaiyah*

is supported by M Travel Club Pte Ltd (TA03692)



**Muslim Travel Club**  
A Community of Reflective Muslims

