

MARIFAH  
**FAMILY**  
RETREAT



A JOURNEY OF  
*Severinity* AND *Spiritual*  
GROWTH

# AN OPPORTUNITY

TO EXPLORE NEW THINGS TOGETHER

Welcome to the Muslim Family Retreat, an exclusive getaway designed to provide families, individuals, and couples with a rejuvenating experience immersed in nature and spirituality. Located at 13308 Buena Vista Rd, Waynesboro, PA 17268, this retreat offers a range of accommodations, delectable vegetarian meals, and a carefully crafted schedule filled with enlightening lectures, engaging activities, and moments of tranquility. Join us on this transformative journey as we delve into the details of your upcoming retreat.

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13308 Buena Vista Rd, Waynesboro, PA 17268



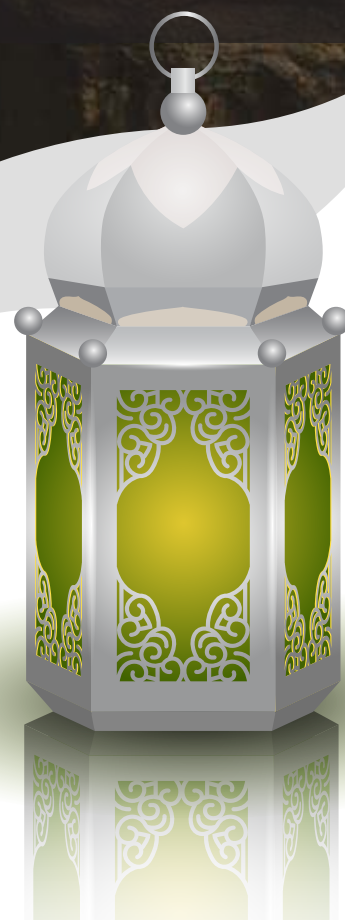
## ***Who Is This Retreat For:***

The Muslim Family Retreat is designed to cater to individuals and families who seek a holistic and spiritually enriching experience. This retreat is open to Muslims of all ages, including families, individuals, and couples, who are eager to immerse themselves in a supportive and nurturing environment that aligns with Islamic principles.

Whether you are looking to strengthen your faith, deepen your connection with Allah, or simply enjoy quality time with your loved ones in a wholesome and spiritually uplifting setting, this retreat is tailored to meet your needs. It provides a space where families can bond, individuals can engage in self-reflection, and couples can strengthen their relationships in an environment that promotes Islamic values and teachings.

Participants who are interested in embracing a vegetarian diet will find a variety of delicious and nutritious options available throughout their stay. The retreat is suitable for those seeking spiritual rejuvenation, personal growth, and a deeper understanding of Islam.

Join us at the Muslim Family Retreat and embark on a transformative journey filled with engaging activities, enlightening lectures, and moments of reflection and connection with Allah. This retreat is a unique opportunity to create lasting memories, forge meaningful relationships, and nourish your mind, body, and soul in an atmosphere that embraces Islamic values and principles.







# CHAPTER 1

## THE RETREAT EXPERIENCE



UNDERSTANDING THE  
PURPOSE



RETREAT LOCATION



ACCOMMODATION  
OPTIONS

Explore the significance of taking time for spiritual rejuvenation and bonding with your loved ones through this unique retreat.

Discover the serene beauty and peaceful surroundings of the retreat center in Waynesboro, PA, providing an ideal backdrop for reflection and self-discovery.

Choose from shared, economy, or luxury accommodations to suit your preferences and create a comfortable haven during your retreat.

# CHAPTER 2

## NOURISHING THE BODY AND SOUL

Delve into the diverse vegetarian menu specially crafted to cater to your dietary needs, ensuring a nutritious and satisfying dining experience.

Uncover the precise timings and delicious offerings of breakfast, lunch, and dinner to plan your day and savor every culinary moment.



VEGETARIAN CULINARY  
DELIGHTS



MEALS SCHEDULE



# CHAPTER 3

## RETREAT SCHEDULE HIGHLIGHTS

SATURDAY

Immerse yourself in a series of enlightening activities and engaging lectures designed to nurture your mind, body, and soul. From check-in to evening bonfires, each moment is carefully orchestrated to provide a holistic retreat experience.

SUNDAY

Wake up to a serene morning and engage in spiritual practices, interactive sessions, and outdoor activities that promote personal growth and connection with Allah.

# CHAPTER 4

## ENGAGING ACTIVITIES FOR ALL



SWIMMING



VOLLEYBALL AND  
BASKETBALL



CYCLING

Dive into the refreshing pool and enjoy moments of relaxation and recreation with your family.

Engage in friendly matches, fostering a spirit of teamwork and camaraderie.

Discover the beauty of the retreat surroundings while embracing the tranquility of nature.

# CHAPTER 5

## REFLECTION AND REST



FINDING  
SOLITUDE



NIGHTTIME  
REFLECTION

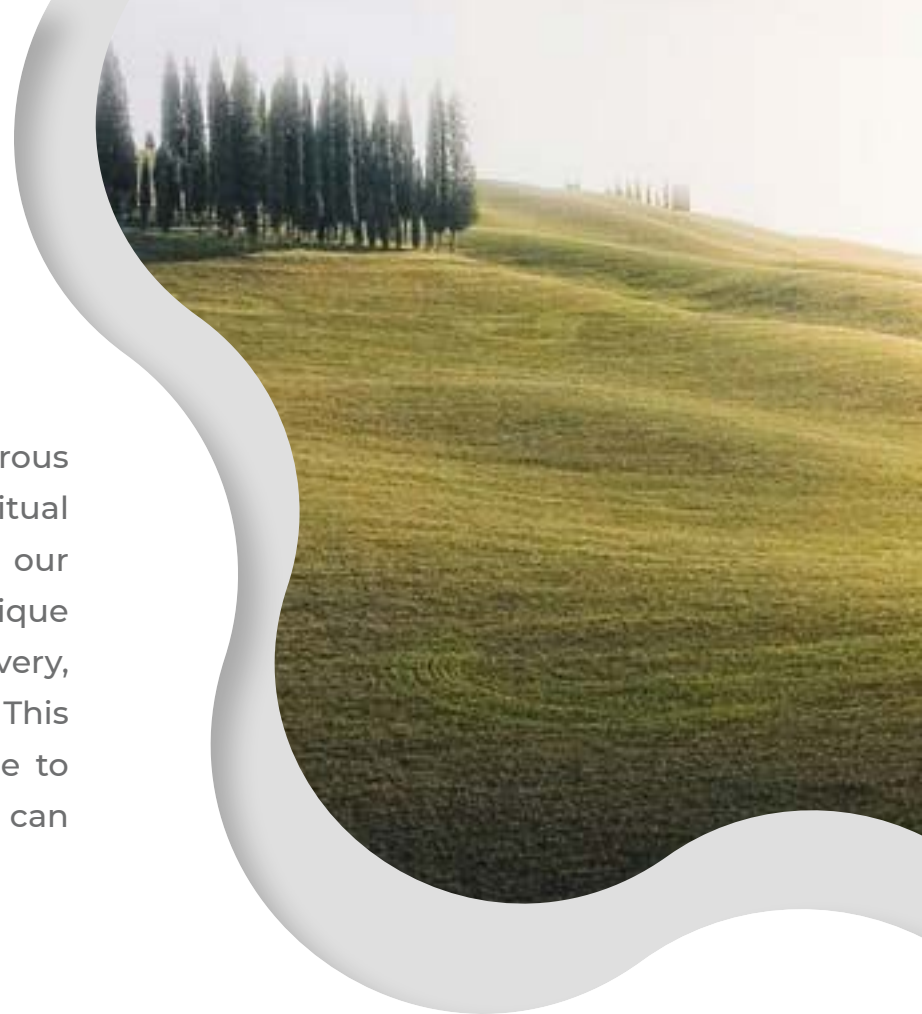
Embrace moments of solitude and reflection amidst the retreat's peaceful environment, allowing for personal contemplation and spiritual connection.

Experience the serenity of nighttime prayers and engage in lectures that inspire profound insights and personal growth.



## ***UNDERSTANDING THE PURPOSE***

In our fast-paced lives filled with numerous responsibilities, it is crucial to allocate time for spiritual rejuvenation and strengthen the bonds within our families. The Muslim Family Retreat offers a unique opportunity to embark on a journey of self-discovery, reflection, and connection with Allah and loved ones. This chapter explores the significance of dedicating time to retreat experiences and the profound impact they can have on our spiritual and familial well-being.



## ***TAKING TIME FOR SPIRITUAL REJUVENATION***

In the hustle and bustle of everyday life, it is easy to become caught up in worldly affairs and neglect our spiritual growth. The Muslim Family Retreat encourages participants to pause, reflect, and reconnect with their faith. By immersing ourselves in an environment specifically designed for spiritual nourishment, we can rediscover our inner peace, deepen our relationship with Allah, and seek spiritual rejuvenation.

## ***BONDING WITH LOVED ONES***

The retreat experience not only focuses on individual growth but also emphasizes the importance of strengthening familial bonds. It provides a unique setting for families, individuals, and couples to spend quality time together, engage in meaningful conversations, and create lasting memories. Through shared activities, meals, and spiritual practices, participants can foster a sense of unity, love, and support within their families.





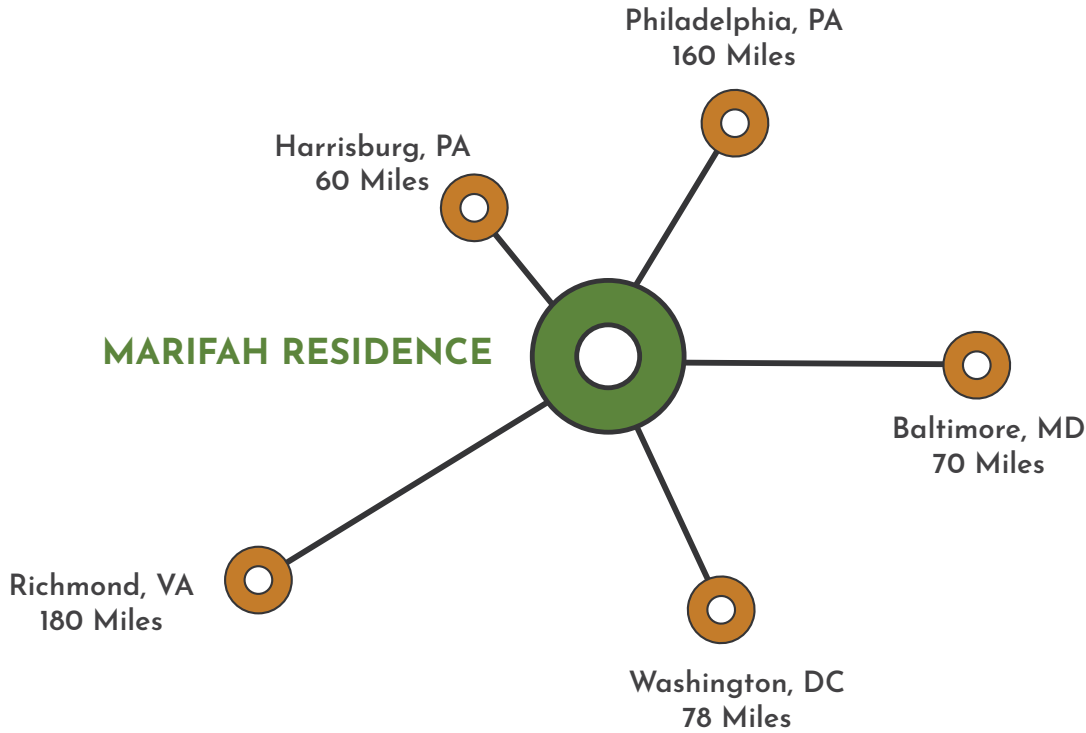


**RETREAT LOCATION**

**Waynesboro, PA**

*A Serene Haven for Reflection:*

Nestled amidst the picturesque landscapes of Waynesboro, PA, the retreat center offers a tranquil and idyllic environment for seekers of peace and spiritual growth. Surrounded by lush greenery, rolling hills, and serene natural beauty, this retreat location serves as a perfect sanctuary for introspection and self-discovery. The peaceful surroundings provide an escape from the distractions of daily life, allowing participants to immerse themselves fully in the retreat experience.



 13308 Buena Vista Rd, Waynesboro, PA 17268



## ACCOMMODATION OPTIONS

# Tailored Comfort

Choose Your Retreat Haven

At the Muslim Family Retreat, we understand the importance of creating a comfortable and welcoming space for participants. To cater to individual preferences and needs, we offer a range of accommodation options:

### Shared Accommodations:

Ideal for those seeking a sense of community, shared accommodations provide an opportunity to connect with fellow retreat participants. Share common spaces and engage in conversations that foster a supportive and enriching atmosphere.

### Economy Accommodations:

Designed for convenience and affordability, our economy accommodations offer a comfortable retreat experience without compromising on essential amenities. Rest and rejuvenate in a cozy setting that meets your budgetary requirements.

### Luxury Accommodations:

Indulge in a premium experience with our luxury accommodations. Enjoy spacious rooms, elegant decor, and a range of upscale amenities that provide an enhanced level of comfort and relaxation.

*Regardless of the accommodation option you choose, we strive to ensure that every participant feels at home during their retreat, creating a haven where they can unwind, reflect, and find solace.*







## ***Nourishing the Body and Soul***

### *Vegetarian Culinary Delights*

#### **DELIGHTFUL AND NUTRITIOUS MEALS**

At the Muslim Family Retreat, we understand the importance of nourishing both the body and soul. Our culinary team takes great care in crafting a diverse and flavorful vegetarian menu that caters to your dietary needs while ensuring a delightful dining experience. Whether you are a seasoned vegetarian or simply looking to explore plant-based cuisine, our meals are designed to please the palate and provide the necessary nutrients for your well-being.

#### **A CULINARY JOURNEY**

Embark on a culinary journey filled with a variety of mouthwatering vegetarian dishes. From hearty soups and wholesome salads to delectable main courses and tempting desserts, our menu showcases a fusion of flavors, drawing inspiration from various cuisines. Each dish is thoughtfully prepared using fresh, locally sourced ingredients, allowing you to indulge in a healthy and satisfying dining experience.

#### **CATERING TO DIETARY NEEDS**

We understand that dietary preferences and restrictions vary among individuals. Rest assured, our culinary team is well-equipped to accommodate special dietary needs, including gluten-free, vegan, and allergy-friendly options. We prioritize your well-being and strive to ensure that every meal is not only delicious but also aligns with your dietary requirements.



# Meals Schedule



Awaken to the aroma of freshly brewed coffee and a scrumptious breakfast spread. Our breakfast options include a variety of wholesome choices such as freshly baked bread, cereals, fruits, yogurts, and flavorful spreads. Fuel your body for the day ahead and savor the delightful flavors that await you.

**START YOUR DAY RIGHT**  
Breakfast



Indulge in a fulfilling midday meal that caters to your taste buds and replenishes your energy. Our lunch offerings feature a combination of savory dishes, vibrant salads, and refreshing beverages. Take a break from the retreat activities and enjoy a nourishing lunch that satisfies both your hunger and cravings.



**A SATISFYIN MIDDAY FEAST**  
Lunch

As the day winds down, treat yourself to a delectable dinner experience. Our dinner menu features an array of flavorful dishes that blend spices, herbs, and fresh ingredients to create a memorable dining experience. From comforting classics to innovative culinary creations, each dish is prepared with care and served with a touch of elegance.



**DELICIOUS EVENING FARE**  
Dinner



**Note:** The precise timings for breakfast, lunch, and dinner will be provided in the retreat schedule, allowing you to plan your day accordingly and ensure that you don't miss out on any culinary delights.



# **Retreat Schedule Highlights**

## *Saturday Retreat Schedule*

Saturday at the Muslim Family Retreat is filled with enlightening activities and engaging lectures designed to nurture your mind, body, and soul. From the moment you check-in to the evening bonfire, each moment is carefully orchestrated to provide a holistic retreat experience. Let's explore the schedule for this transformative day:

### **Check-in and settle into your accommodations.**

As you arrive at the retreat center, our warm and welcoming staff will assist you with the check-in process. Take a moment to get acquainted with your surroundings and prepare for an enriching experience.

### **Enjoy a delightful lunch.**

Savor a delicious and nourishing lunch prepared with care. Indulge in a variety of vegetarian culinary delights that will please your taste buds and energize you for the day ahead.

### **Join the Zuhar prayer.**

Participate in the congregational Zuhar prayer, a moment of spiritual connection and reflection.

### **Attend a lecture on "How to Live a Healthy Life."**

Immerse yourself in a thought-provoking lecture that explores the secrets to living a healthy and balanced life. Gain insights and practical tips to enhance your well-being.

### **Engage in team-building activities.**

Participate in fun and interactive team-building activities that foster unity, cooperation, and a sense of camaraderie among retreat

**11:00 AM - 01:00 PM**

**01:00 PM - 02:30 PM**

**02:30 PM - 03:00 PM**

**03:00 PM - 04:00 PM**

**04:00 PM - 05:00 PM**



# Retreat Schedule Highlights

## Saturday Retreat Schedule

05:00 PM - 06:00 PM

### Discover the secrets to living a happy life.

Attend an inspiring session where you will learn valuable insights on how to cultivate happiness and find contentment in every aspect of your life.

06:00 PM - 06:30 PM

### Observe the Asr prayer.

Come together for the Asr prayer, a moment of tranquility and devotion.

06:30 PM - 08:00 PM

### Explore separate hiking activities for men, women, and kids.

Engage in invigorating hiking activities tailored to suit different age groups and genders. Connect with nature and enjoy the beauty of the surroundings.

08:50 PM - 09:30 PM

### Attend a lecture on "How to Live a Prosperous Life."

Listen to an enlightening lecture that explores the principles and practices of living a prosperous and fulfilling life, encompassing both spiritual and worldly aspects.

09:30 PM - 10:20 PM

### Wind down with a bonfire and enjoy dinner.

Gather around a cozy bonfire, share stories, and enjoy a delectable dinner as the day draws to a close. Relish the flavors of the vegetarian cuisine while soaking in the warm and inviting atmosphere.

10:30 PM

### Participate in the Isha prayer.

Join fellow participants in offering the Isha prayer, a moment of serenity and devotion.

### Rest:

After a fulfilling day of activities and spiritual nourishment, take the evening to rest and rejuvenate, preparing yourself for the exciting day ahead.



## **Retreat Schedule Highlights**

### *Sunday Retreat Schedule*

Sunday morning brings serenity and opportunities for personal growth and spiritual connection. Engage in interactive sessions, outdoor activities, and meaningful discussions to deepen your connection with Allah and foster personal development. Let's explore the schedule for this transformative day:

#### **Wake up for the Fajar prayer.**

5:00 AM

Rise early to engage in the Fajar prayer, embracing the serenity of the morning and starting the day with devotion.

#### **Lecture: Engage in a profound discussion on "How to Connect with Allah."**

5:30 AM

Participate in an enlightening lecture that explores different ways to strengthen your connection with Allah and deepen your understanding of spiritual practices.

#### **Break your fast with a nutritious meal.**

6:00 AM

Break your fast with a wholesome and nourishing meal, replenishing your energy for the day ahead.

#### **Embrace spiritual meditation and participate in a question-and-answer session.**

7:00 AM

Engage in spiritual meditation exercises that promote inner peace and tranquility. Participate in a question-and-answer session, where you can seek guidance and clarity on matters of faith and spirituality.

#### **Discover the art of building a real estate portfolio.**

8:00 AM

Explore the world of real estate investment and gain insights into building a successful portfolio. Learn from experienced professionals and discover the potential opportunities in this field.





9:00 AM

**Gain wisdom by connecting with renowned business personalities.**

Interact with esteemed business personalities who will share their wisdom, experiences, and insights on achieving success in the business world. Benefit from their expertise and knowledge.

10:00 AM

**Engage in outdoor activities such as swimming, volleyball, basketball, and cycling.**

Participate in various outdoor activities that promote physical well-being and foster a sense of community. Enjoy swimming, volleyball, basketball, cycling, and other recreational activities.

1:00 PM

**Relish a delicious lunch.**

Indulge in a delightful lunch that provides nourishment and satisfies your taste buds, bringing together the flavors of the retreat's vegetarian culinary delights.

2:00 PM

**Complete the check-out process.**

As the retreat comes to a close, take a moment to complete the check-out process and bid farewell to the retreat center and fellow participants. Reflect on the transformative experiences and valuable connections made during the Muslim Family Retreat.



## ***Engaging Activities for All***

### **Swimming**

Take a refreshing plunge into the inviting pool and indulge in moments of relaxation and recreation with your family. Whether you are an experienced swimmer or just looking to cool off, the swimming activity offers a delightful way to unwind and enjoy the soothing waters. Dive in, splash around, or simply float serenely as you soak up the tranquility and rejuvenate your senses.

### **Volleyball and Basketball**

Participate in friendly matches of volleyball and basketball, fostering a spirit of teamwork, competition, and camaraderie. Gather your family and friends to form teams, and engage in energetic games that promote physical activity, coordination, and cooperation. Challenge each other, showcase your skills, and create lasting memories as you engage in these exciting sports. Whether you are a seasoned athlete or a casual player, the volleyball and basketball activities are designed to bring joy, laughter, and a sense of unity to all participants.



### **Cycling**

Embark on a cycling adventure and explore the scenic beauty of the retreat surroundings while embracing the tranquility of nature. Grab a bicycle and pedal your way through picturesque trails, absorbing the breathtaking views and immersing yourself in the serenity of the natural environment. Cycling provides an excellent opportunity to connect with nature, engage in physical exercise, and appreciate the wonders of the retreat location. Whether you prefer a leisurely ride or a more challenging route, the cycling activity caters to all levels of experience and allows you to discover the beauty of your surroundings at your own pace.







### **Hiking and Bonfire**

Engage in invigorating hikes tailored for men, women, and kids, providing everyone with a chance to explore the retreat's natural surroundings. Venture along designated trails that cater to various difficulty levels, allowing participants to choose an experience that suits their abilities. Immerse yourself in the tranquility of nature, breathe in the fresh air, and witness the beauty of the surrounding landscapes. Additionally, as the evening sets in, gather around a cozy bonfire and enjoy the warmth and camaraderie. Share stories, engage in conversations, and create cherished memories as you bask in the glow of the bonfire.

### **Tug of War**

Participate in the exhilarating tug of war, a classic team-building activity that encourages friendly competition and teamwork. Divide into teams, grab hold of the rope, and engage in a thrilling battle of strength and strategy. Feel the adrenaline rush as you work together with your team to outmatch your opponents and emerge victorious. Tug of war promotes teamwork, communication, and a sense of unity, fostering bonds and creating unforgettable moments of fun and laughter.





## ***Reflection and Rest***

### *Finding Solitude*

Embrace the serene and peaceful environment of the retreat center to find moments of solitude and reflection. This chapter encourages you to disconnect from the noise and distractions of everyday life and immerse yourself in a tranquil setting that nurtures introspection and personal growth. Find a quiet spot amidst the retreat's natural surroundings, whether it's a cozy corner indoors or a serene spot outdoors, and allow yourself to be present in the moment. Use this time to delve deep within, contemplate your thoughts, and connect with your inner self. Embracing solitude allows for introspection, self-discovery, and rejuvenation. It provides an opportunity to gain clarity, seek inner peace, and strengthen your spiritual connection. So find your sanctuary within the retreat's peaceful environment, and let the stillness guide you on a transformative journey of self-reflection.



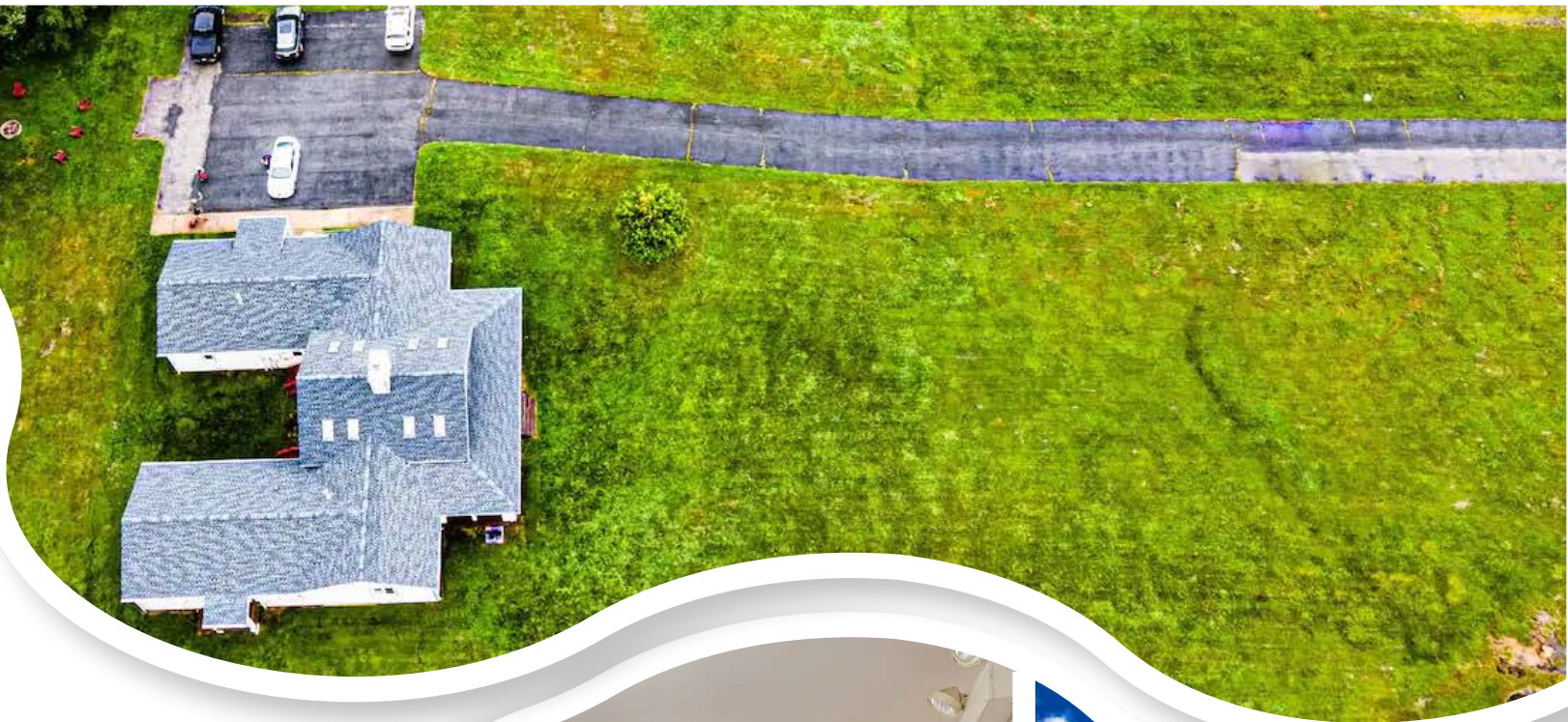


## **Reflection and Rest**

### *Nighttime Reflection*

Experience the profound serenity of nighttime prayers and engage in enlightening lectures that inspire profound insights and personal growth. As the day winds down and the retreat center embraces a tranquil ambiance, join fellow participants in engaging in nighttime prayers, known as Isha. These prayers provide a moment of spiritual connection and allow you to seek tranquility before retiring for the night. Following the prayers, immerse yourself in thought-provoking lectures delivered by esteemed speakers. These lectures touch upon various aspects of personal development, spirituality, and connecting with Allah. They provide guidance, wisdom, and inspiration to deepen your understanding of faith and enhance your spiritual journey. Engaging in nighttime reflection offers an opportunity to nourish your soul, gain valuable insights, and ignite a sense of purpose within you. Allow the quietude of the night to envelop you and embrace the transformative power of nighttime prayers and enlightening lectures.





# Accomodation







# THANK YOU

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