



LADIES RETREAT
YORKSHIRE DALES 2023

Saturday 17th June - Sunday 18th June 2023



GuidanceHub

As-salamu'alaykum dearest sister

Guidance Hub is pleased to welcome you in joining us for an unforgettable spiritual retreat. A weekend filled with worship, remembrance of Allah, spiritual reminders and companionship. Set in the scenic backdrop of the Yorkshire Dales National Park.

In this peaceful setting, we will engage in a variety of spiritual activities designed to deepen your connection with Allah and nurture your inner self. Guided by our honourable teacher **Shaykha Noshin Gul**, we will participate in enlightening lectures, engaging workshops, and soul-stirring meditations, all tailored to rejuvenate your spirit and ignite your spiritual growth.

YORKSHIRE DALES, NORTHERN ENGLAND

The Yorkshire Dales National Park is renowned for its awe-inspiring beauty, vast open moors, rolling hills, and picturesque valleys. It is a place where tranquility and natural splendor combine, creating an atmosphere conducive to inner reflection and connection with the Divine.

Home to some of the darkest skies in England, with large areas of unpolluted night sky it's possible to see the Milky Way, planets, meteors and even the Northern Lights. Internationally recognised as an official Dark Sky Reserve. Making it the perfect location for our special midnight trek.





Where will I be staying?

Hornby Laithe Barn, Stainforth, North Yorkshire, BD24 9PB

Hornby Laithe Barn is a beautiful comfortable accommodation in the Yorkshire Dales National Park. Converted from original farm buildings, the Bunkhouse occupies a secluded position within easy walking distance of both Stainforth and Settle.

It is an ideal base for walkers, or groups wishing to explore this area of outstanding natural beauty. The walking is superb, offering a wide variety for both the seasoned walker or climber and those wishing to explore the countryside at a leisurely stroll.

FACILITIES PROVIDED:

- Ample secure parking
- Comfortable lounge/dining room
- Beds (3' wide and 2' 6" wide)
- Drying room
- Recreational area in separate barn
- Fully-equipped kitchen

TRANSPORT:

All guests will need to make their own transport arrangements to the retreat location.





What do I need to bring?

FOR THE OVERNIGHT STAY AND ACTIVITIES:

- Appropriate number of clothes
- Trainers
- Toiletries
- Towels
- Bedding (sleeping bag or duvet, sheet and pillowcase)
- Prayer mat
- Personal Qur'an
- Personal cushion/floor seat
- Slippers
- Any required medication
- Specific dietary items
- Personal snacks
- Petty cash

KIT LIST FOR THE TREK:

Essential Items

- Waterproof jacket and trousers
- Waterproof trekking boots*
- Rucksack
- Head torch
- Prayer Mat
- Snacks for energy
- Water bottle

Highly Recommended Items

- Thermal base layer and top
- Trekking poles
- Spare fleece or woollen top
- Hat and gloves
- Plastic bag
- Hiking socks

* Trekking boots are essential for the hike, lack of boots may prohibit you from taking part in the activity.





What is included?

- Accommodation
- Full board i.e all meals (although feel free to bring along extra snacks)
- Access to activities: Guided midnight trek, stargazing activity, team-building activities, nature walk and picnic
- Exclusive retreat t-shirt

What is not included?

- Transport
- Personal travel insurance
- Souvenirs from tourist sites
- Main meals will be provided (breakfast, lunch, evening meal).
Additional meals and snacks can be purchased at personal expense.

Additional info

Phone service may be intermittent at times, depending on where we are and what activity we are partaking in, so let friends and family know that you may not always be contactable during the course of the retreat.

We also recommend that you bring along petty cash or a credit card, in addition to a camera to capture all the beautiful scenic views.

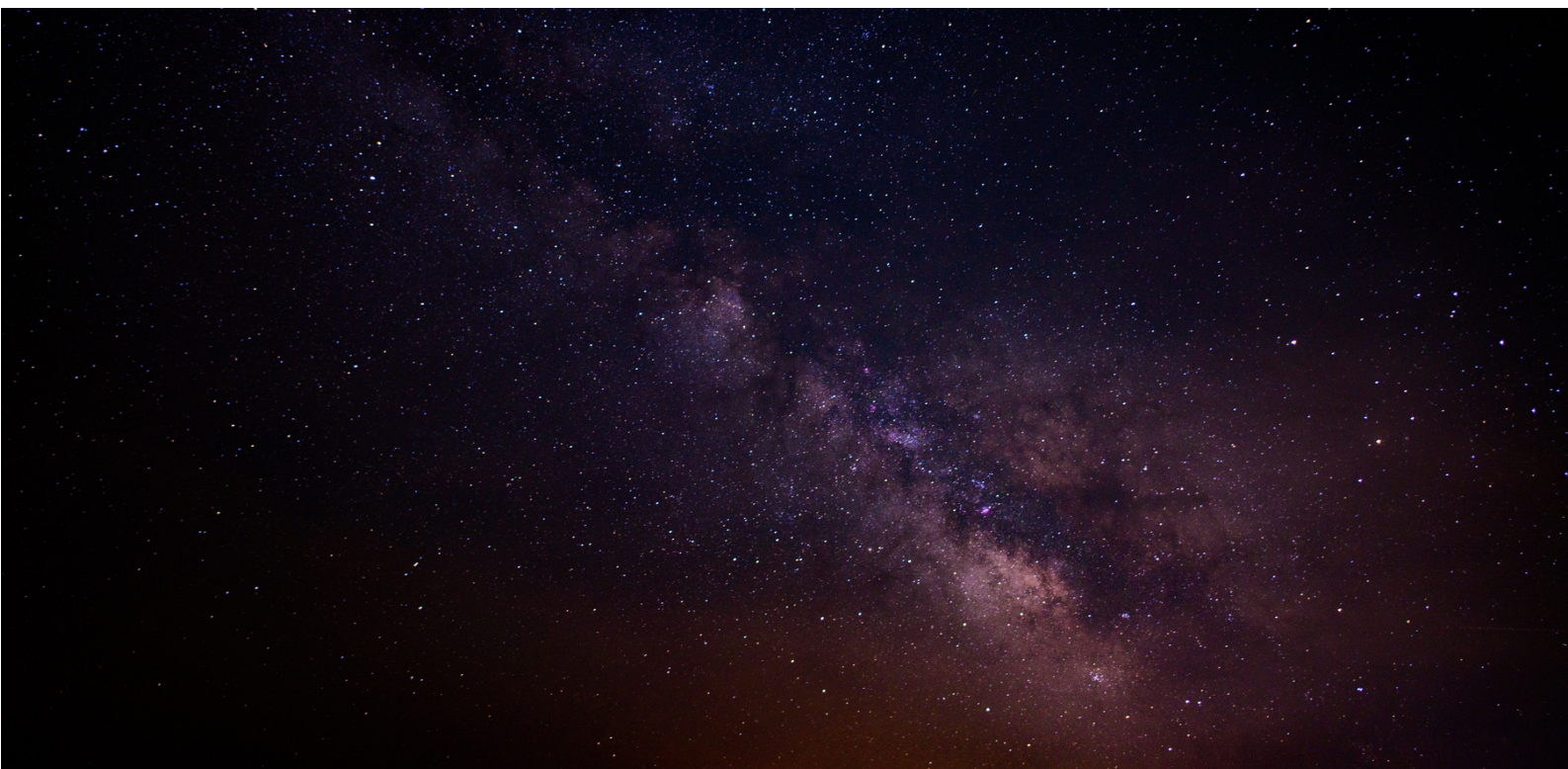




Retreat Schedule

SATURDAY 17TH JUNE 2023

- 14:00 - CHECK-IN, DHUHR PRAYER & REFRESHMENTS
16:00 (GUESTS TO MAKE THEIR OWN WAY TO HORNBY LAITHE BARN)
- 16:30 WELCOME & INTRODUCTION
- 17:00 GROUP ACTIVITY
- 19:00 EVENING MEAL
- 20:00 ASR PRAYER & SPIRITUAL REMINDER
- 21:45 MAGHRIB PRAYER
- 22:00 DEPART FOR PEN-Y-GHENT MIDNIGHT TREK
(ISHA PRAYER ON ROUTE)
- 00:00 DHIKR GATHERING AT SUMMIT OF PEN-Y-GHENT

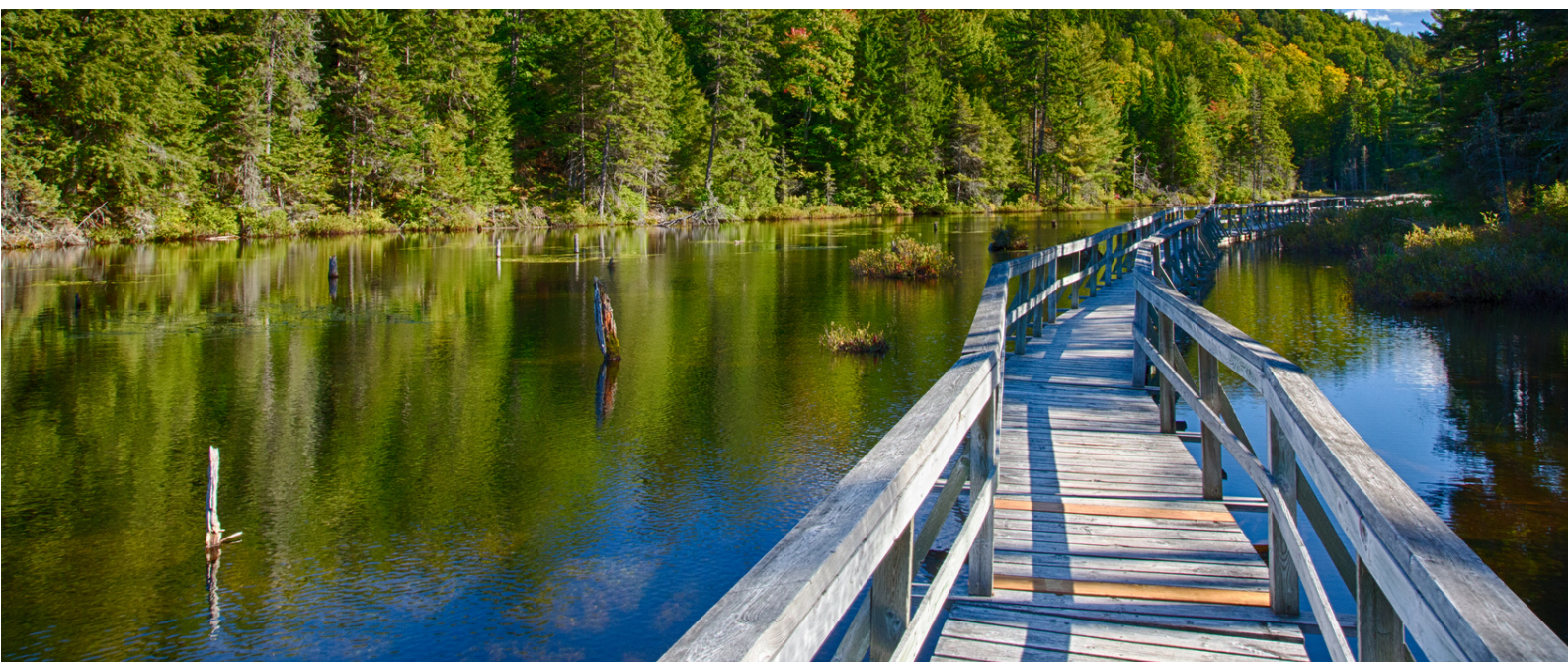




Retreat Schedule

SUNDAY 18TH JUNE 2023

- 01:00 STARGAZING ACTIVITY
- 03:00 ARRIVE AT BARN & FAJR PRAYER
- 03:30 SLEEP
- 10:30 BREAKFAST
- 12:00 SPIRITUAL REMINDER & GROUP ACTIVITY
- 14:00 DHUHR
- 15:30 NATURE WALK
- 16:30 MAWLID & PICNIC
- 19:00 FAREWELL MEAL AT BARN
- 20:00 ASR PRAYER
- 20:30 DEPART





GuidanceHub

Thank you

We are excited to share this journey with you and hope that this retreat will be an uplifting and enjoyable experience, whilst witnessing the amazing creations of Allah Almighty.

If you have any questions please do not hesitate to contact us on 0161 870 6001, WhatsApp 07983432900 or email info@guidancehub.org