Art & Dhikr Retreat

2021

Presented by:
Northern Treasures and
Fatimah Agha

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"The very center of your heart is where life begins, the most beautiful place on earth”

- Rumi

Hello and Salaams!

Northern Treasures and Fatimah Agha welcome you to fly with us on the wings of your soul to realms of beauty and stillness. A journey to the valleys and mountains of Hunza where our Islamic Meditative Art and Dhikr Meditation Sessions along with some doses of very simple, deep and touching conversations on mysticism, art and nature of the universe, will relax your inner senses and help you get in touch with your Source, the Home within.

We thank you for making time for yourself. The work we do within is a service to humanity. The changes in our inner energy have a positive ripple effect on the world at large.

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“Yesterday I was clever and I wanted to change the world, today I am wise and I want to change myself”

-Rumi

Key details about the Retreat

Dates —— 1ST APRIL 2021 - 7TH APRIL 2021

No prior experience in either art or meditation is required for you to enjoy this soul enriching retreat. Let your heart be opened and mesmerized by the magic of Divine unconditional Love, the warmth of which is ever present and always envelopes us.

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Islamic Meditative Art sessions

These sessions will commence with a presentation on connections between art, nature and the Divine. Every day for four days we will touch upon new and deep concepts of how we can connect to the divine source through simple contemplations on “line” and art and start finding profound stillness in every sight and moment. We will draw simple Islamic geometric patterns with the help of a ruler and compass with step by step instructions and meditative guidelines.

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Dhikr Meditations

Every evening we will sit together to celebrate God and sing His praises in the womb of Al Rahman, surrounded by the nature and beauty of Hunza Valley to enrich and deepen these soulful experiences. There will be a brief talk followed by guided meditation and chanting of the names of God, while breathing and grounding ourselves within.

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Retreat Venue:

Guest House Hunza or Hunza Embassy

Hotel (IG: @theguesthousehunza or @hunzaembassyhotel)

A soulful and relaxing experience on its own paired with fresh meals to keep you nourished and happy throughout your stay!

Excursions Included:

Guided excursions and trips to the most beautiful and scenic views await you as we will be taking you to the Rakaposhi Point, Altit Fort, Baltit Fort, Borith Lake (zero point), Attabad Lake, Passu Cones, Eagles Nest, Khunjerab Pass (if the roads are open to travel).

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About Fatimah Agha:

Fatimah is a certified Islamic Traditional Artist from VMCTA in affiliation with PSTA Prince’s School of Traditional Arts UK. She has also been a public speaker on Islam and spirituality for the past 14 years.

She is a mother to three children, with the eldest being 14 years old.

Fatimah began her public role as a speaker for children. She is presently an outreach student in Islamic mysticism and philosophy at the Al Mahdi institute in Birmingham. Being an Islamic visual artist, and an art teacher she combines her mystical inclinations and meditation practice with her passion for artistic expression as a path to connecting with the Divine, the One who is nothing but beauty.

She is one of the founders and an active contributor at the muslimmeditiation.net website, where one can find a unique blend of Zen meditations and Zikr-Allah.

IG - @fatimahaghaart
www.muslimmeditation.com
www.fatimahagha.com

Organized by:
The Northern Treasures (IG: @thenortherntreasures)

Details

LIMITED SLOTS OF 16 PEOPLE

ALL PARTICIPANTS ARE REQUIRED TO GET A COVID TEST PRIOR TO THE TRIP (48hrs prior to the retreat)

RETREAT DATES

1ST APRIL 2021 – 7TH APRIL 2021

CHARGES	**INCLUDED**
Double occupancy (per person): PKR 95,000	- 6 nights' accommodation (The Guest House or The Hunza Embassy at Karimabad)
Early bird (On full payment upon booking): PKR 90,000	- All meals
	- Transportation (4x4s)
Single occupancy: PKR 110,000 (subject to availability)	- One and a half hour Morning meditative art sessions and Q&A. One hour Evening Dhikr meditation session and talk (2nd-5th April/4 days)
Early bird (On full payment upon booking): PKR 105,000 (subject to availability)	- Guided excursions (Rakaposhi Point, Altit Fort, Baltit Fort, Borith Lake (zero point), Attabad Lake, Passu Cones, Eagles Nest, Khunjerab Pass (if the roads are open to travel).

Sample Daily Schedule

- 8:30 am to 10:00am - Morning Meditative Art Session (2nd-5th April/4 days)
- 10 am to 11:00 am – Breakfast Buffet
- 11:30 am to 4:00 pm - excursions for the day
- 4:30 pm to 5:30 pm Guided Dhikr meditation and talk (2nd-5th April/4 days
- 6:00 pm to 7:30 pm – Personal time to move around/ Shop/Explore
- 8:00 pm – Dinner

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Not Included

- Flights
- Overnight stay in Islamabad (for those coming from other cities, we recommend you to reach a night before, stay in Islamabad and catch the early morning flight to Gilgit to avoid missing your morning flight)
- Extra drinks, snacks, laundry etc.
- Tips for staff/hotel/drivers etc.
- In the event of flight cancellation, which can happen when travelling to the northern areas, we will try to provide the best available option to get you to Hunza. The extra cost will be borne by you.

Payment

To reserve your spot kindly make 30% payment in the account given below. And the balance 70% must be paid by the 20th of February 2021.

To avail the early bird discount, the full payment must be made by the 10th of February 2021.

Account details:
Title: Muhammad Sultan Ajmal
Account: 0124007000000451
Bank: Faysal Bank

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Cancellation Policy

45 days prior to the trip; your entire amount minus 50% of the deposit will be returned.

30 days prior to the trip; you will be returned 50% of your total amount.

Please send a confirmation to us on +923132427741(WhatsApp) or +923554296068(WhatsApp) so that we can cross check the payment and confirm your slot.

For queries kindly email us on thenortherntreasures@gmail.com

We look forward to having you on this experience of a lifetime!

Sending Love, Light and healing thoughts your way,
Fatimah Agha & The Northern Treasures Team.

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