



Muslim Hands

Charity Reg. No. 1105056

# Hike. Pray. Awake.

**Sisters only**  
**Hiking Challenge**  
**and Spiritual Retreat**  
**With Ustadha Hiba Mohammed**

**Take part in an uplifting spiritual experience  
and trek the beautiful coast of Majorca!**

Embark on a spiritual journey and enjoy lessons about the names of Allah  
and motivational stories about patience and gratitude.

**What?** Sisters only hike and spiritual retreat

**When?** 04.-07. October 2019

**Where?** Maiorca, Spain

**Registration Fee?** £250

**Fundraising target?** £1,500

**Hike the  
beautiful coast  
of Majorca and  
raise funds  
for safe water  
in Africa!**

The Messenger of Allah (saw) was asked, 'Which charity is best?'  
He replied, '[Providing] water'.

[Abu Dawud]