

A white silhouette of a palm tree is positioned to the left of the main title.

THE 4TH PRODUCTIVE MUSLIM *retreat*

7TH - 13TH FEB 2020 @ BINTAN, INDONESIA

• *refresh* • *restore* • *renew* •

A faith-based personal development retreat to clear your mind, set new goals, and build new habits & routines for the next best version of you.

Reserve your spot »

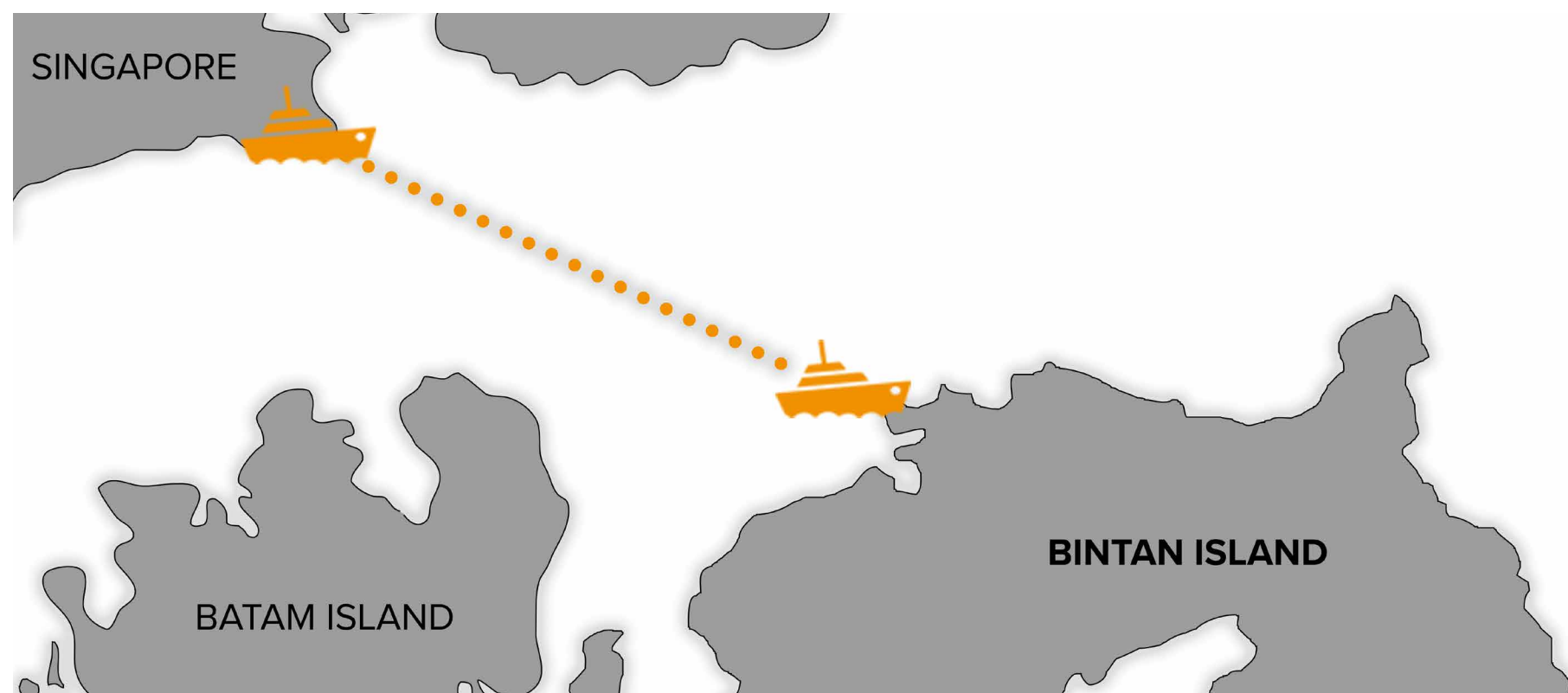
PRODUCTIVEMUSLIMRETREAT.COM

INTRODUCTION

Reset Your Life: Spiritually, Physically & Socially.

Join us on this exclusive faith-based personal development retreat where you will take a meaningful break from the daily grind of life to learn how to improve your spirituality, set new goals, and establish new habits and routines that would transform your life.

Reserve your spot at
ProductiveMuslimRetreat.com



Situated just a ferry ride away from Singapore, Bintan Island (Indonesia) offers the perfect getaway to refresh, restore, and renew your soul, body, and mind.



“This year I had the pleasure of attending the PMR 2019 retreat in Bintan. I’m so glad that I decided to take the time off my busy schedule and attend it. The retreat allowed me to have an objective reflection on my habits, routines and overall productivity. The focus of the program on spiritual, mental, social and physical health was exactly what I needed for the growing demands and stresses of both life and work!”

AHMED BOSHNAK
Management Consultant, Saudi Arabia



“I’ve learned a lot. And also made connections. And these connections are not just with people, but I think developed a new connection with God.”

SHARIFFA KADIRBEE SYED HOOSAN
Clinic Manager, Singapore

TESTIMONIALS

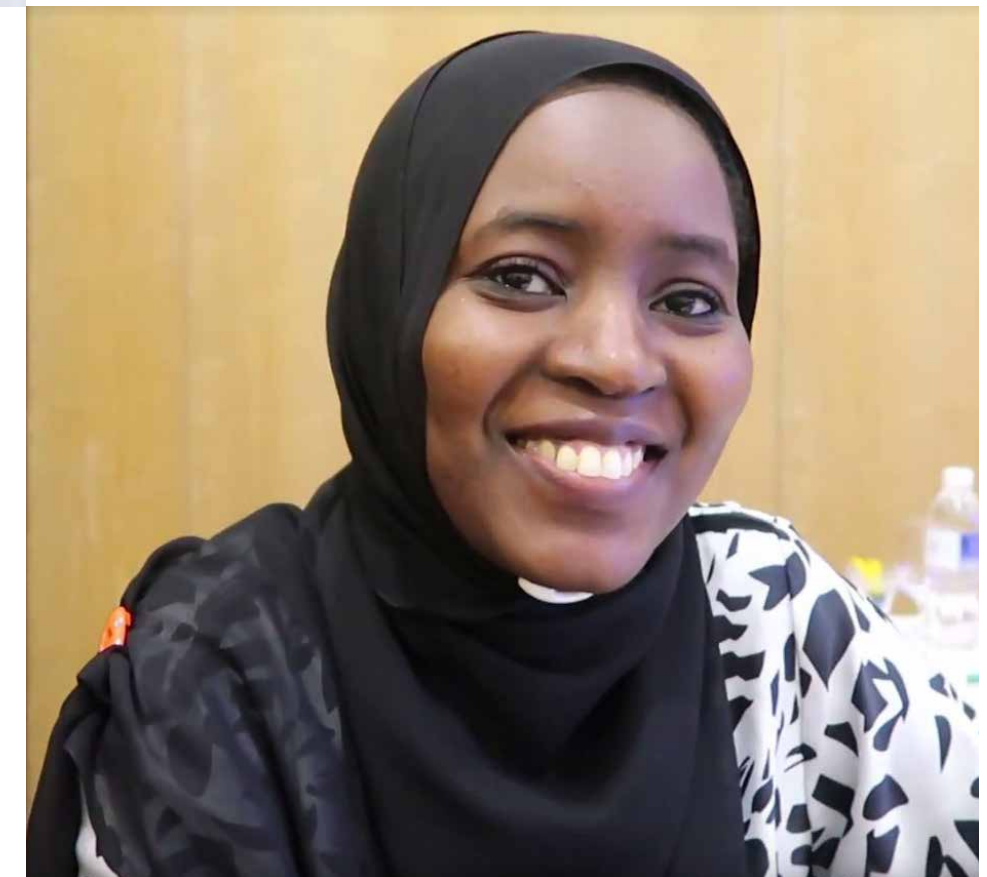
“I came to the retreat to reset my life. The workshops were amazing, I really feel like I learned a lot that I can take back and implement practically in my daily life. I met some amazing people as well... it was an amazing experience!”

HINA SHAHID
Physician, UK



“I can’t really put this experience in words, but I know is definitely going to benefit me, benefit my family, and those people that I’m going to share this message with, and I’m looking forward to coming to another one.”

AMINA IBRAHIM ABBA
Student, UK



“I like that it was halfway around the world for me. If anybody from work or anybody needs something from me, too bad! That’s a good feeling knowing that literally, physically leaving your worries behind.”

ABRAR POLANI
Computer Engineer, USA



PROGRAM DETAILS

4 Day Weekend Escape

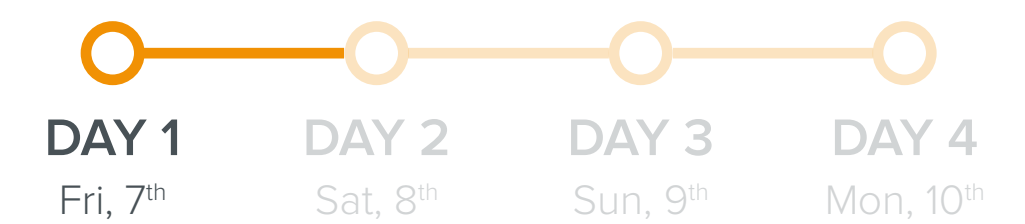
Friday, 7th - Monday, 10th Feb 2020



1



2



SCHEDULE BY DAY

1. Arrive in the dynamic city of Singapore either on the same day or a couple of days early and take the ferry to Bintan Island to begin your weekend escape.
2. Say *Salaam* to the hospitable hotel staff who will greet you at the Bintan Ferry Terminal and they'll take you, along with your fellow retreat participants, on a scenic ride to the Nirwana five-star resort.
3. Check-in, refresh, relax, and get ready for a delicious welcome dinner and BBQ night at the resort.
4. Sleep early. :)



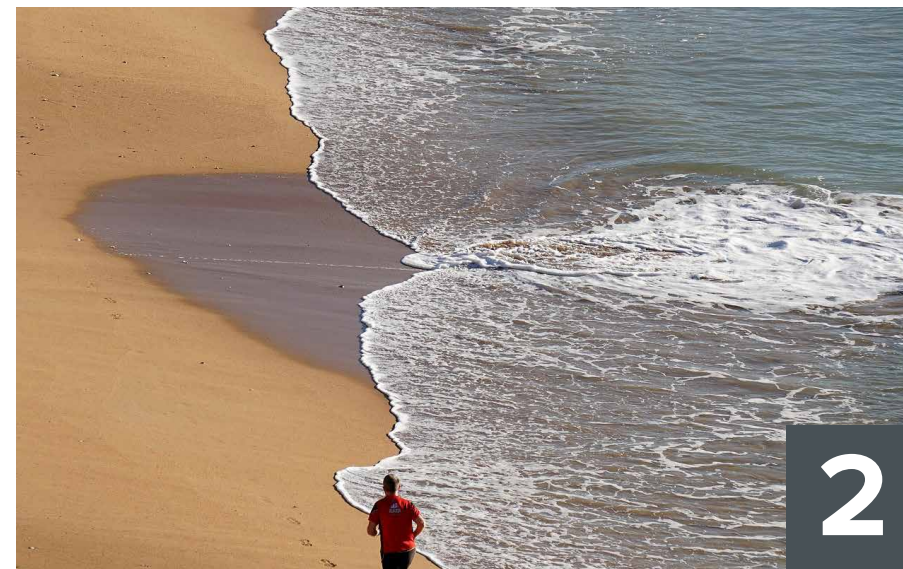
3



4



1



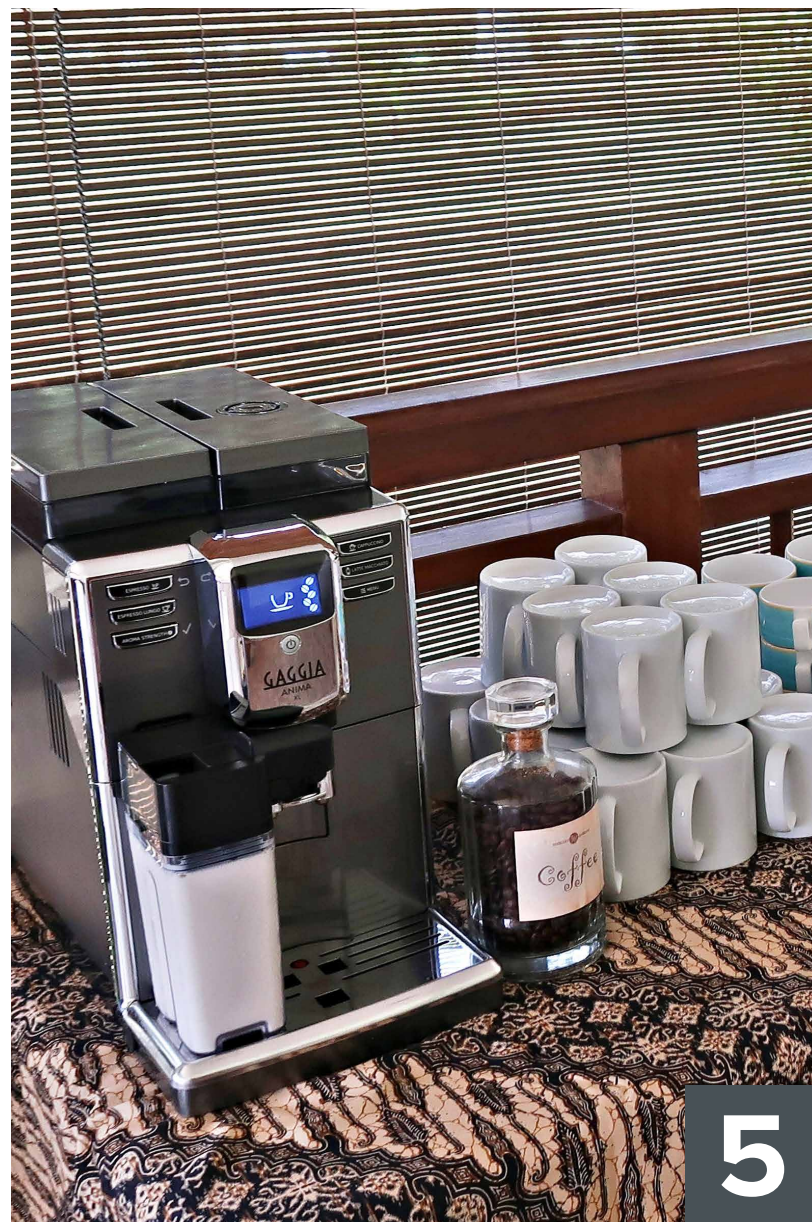
2



3



4



5



6

DAY 1
Fri, 7th

DAY 2
Sat, 8th

DAY 3
Sun, 9th

DAY 4
Mon, 10th

1. Wake up before sunrise and join us for *Fajr* (dawn) prayer and some early morning reflections and recitation of the *Qur'an*.
2. Take a walk on the beach or go for a jog and let the fresh sea breeze fill your lungs and refresh your mind, body, and soul.
3. Shower and get ready for a delightful breakfast and the best coffee you'll ever have.
4. Attend the first workshop session that's all about understanding yourself and what makes you tick.
5. Have a coffee break networking with participants and interacting with the retreat leader.
6. Attend the second workshop session that's all about the power of spirituality in helping you live the best version of you. Learn about *Barakah* and how to get it in your life.



7



8



9



10



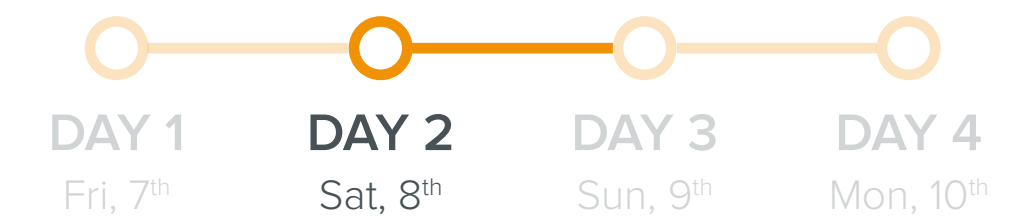
11



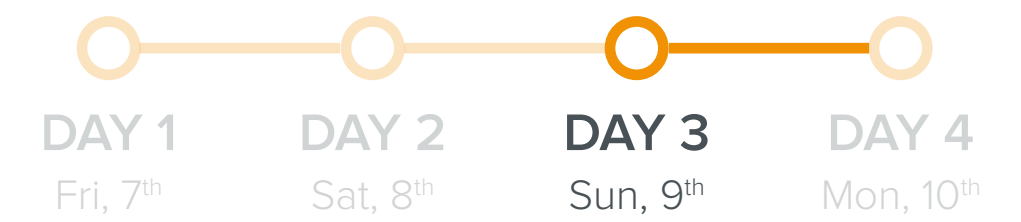
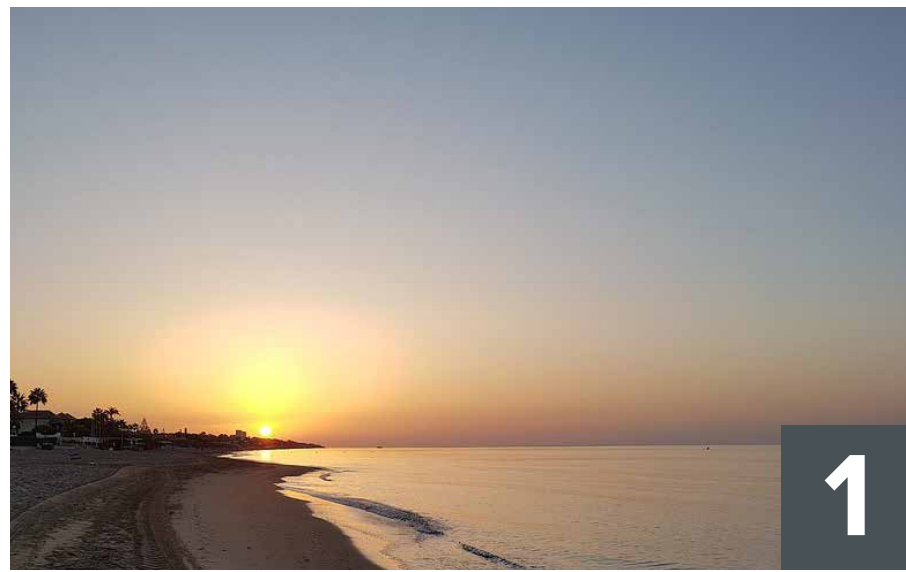
12



13



7. Break for *Dhuhur* (noon) prayers, have an authentic Indonesian lunch, and join our guided nap session.
8. Attend the third workshop session for the day that's all about hacking your body and how to manage sleep, food, and fitness.
9. Have a second coffee break socializing with participants and pray *Asr* (afternoon) prayers.
10. Enjoy some free time to discover the resort, and enjoy a host of activities from painting local Batik art to enjoying some water sports on the beach.
11. Meet for *Maghreb* (dusk) prayers and group reflections on the day.
12. Enjoy a delicious dinner, pray *Isha* (night) prayers, and join us for a fun Game Night!
13. Sleep early. :)



1. Wake up before sunrise and join us for *Fajr* (dawn) prayer.
2. Attend a post-*Fajr* talk on the beach, watching the sunrise as you spend time reflecting and reciting the *Qur'an*.
3. Enjoy some mindful breathing exercises and develop your presence.
4. Shower and get ready for the day.
5. Continue the second day workshop sessions learning about focus management and time management.
6. Break for *Dhuhur* (noon) prayers, and enjoy a 20-min nap on a beach hammock or in your room.



7



8



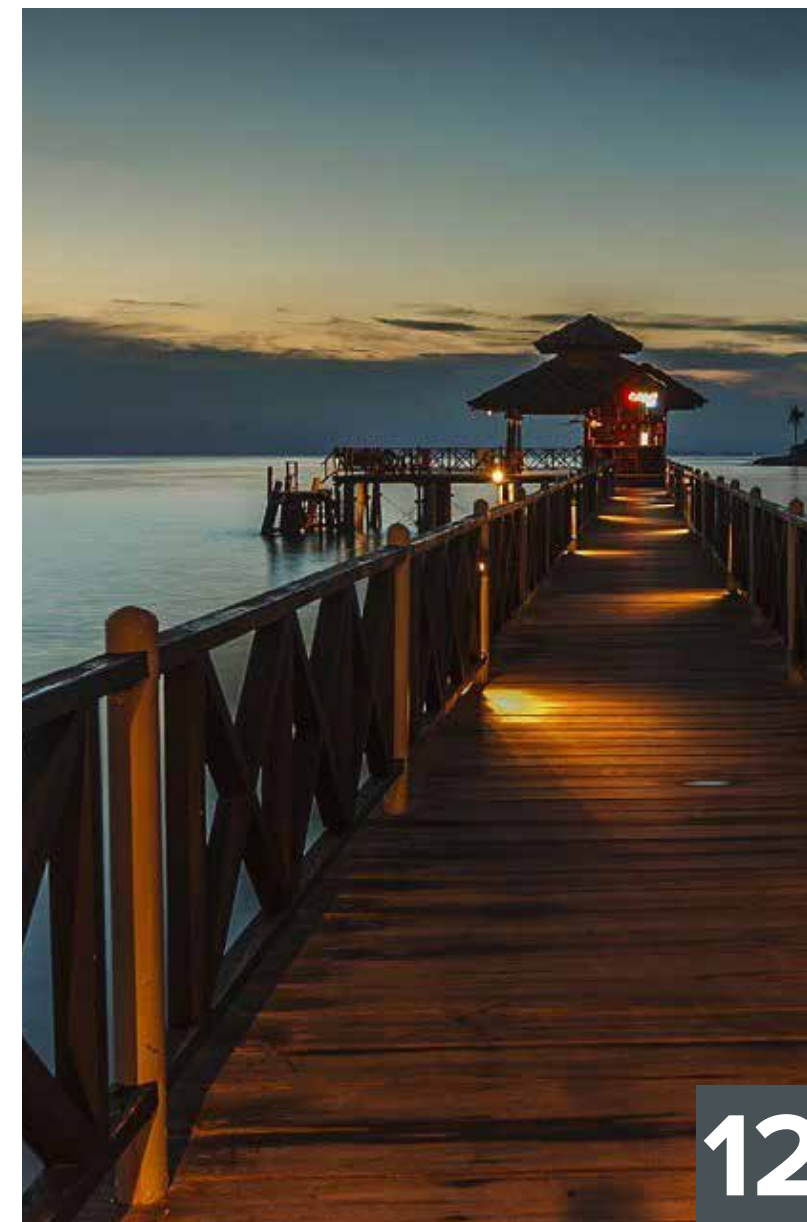
9



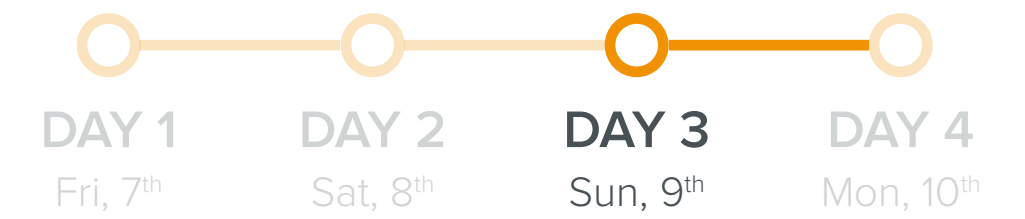
10



11



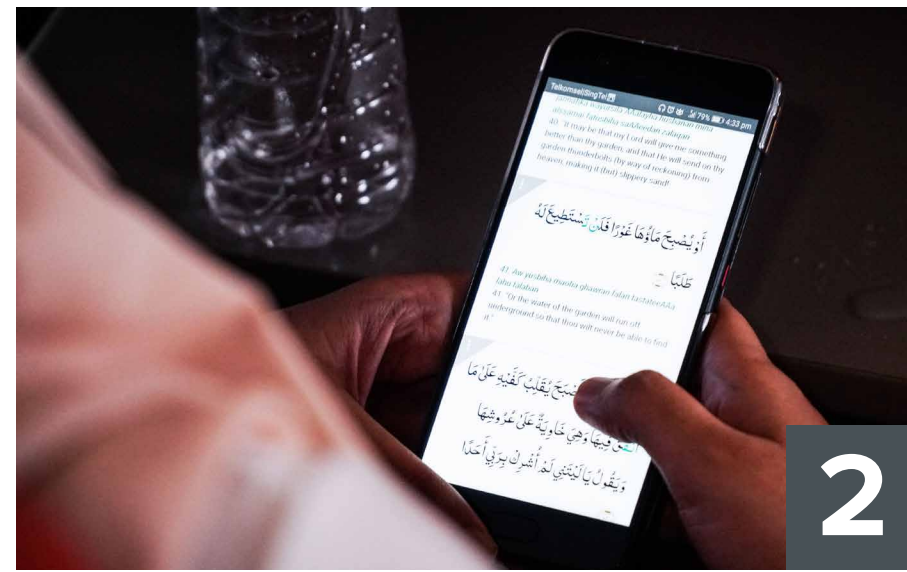
12



7. Learn about developing powerful habits and routines in the afternoon workshop and the daily routine of Prophet Muhammad (PBUH).
8. Have a second coffee break socializing with participants and pray Asr (afternoon) prayers.
9. Enjoy some free time and try out new activities at the resort or some quiet reflection time on the beach.
10. Meet for *Maghreb* (dusk) prayers and group reflections on the day.
11. Enjoy a delicious dinner, pray *Isha* (night), and join us for a Movie Night!
12. Sleep early. :)



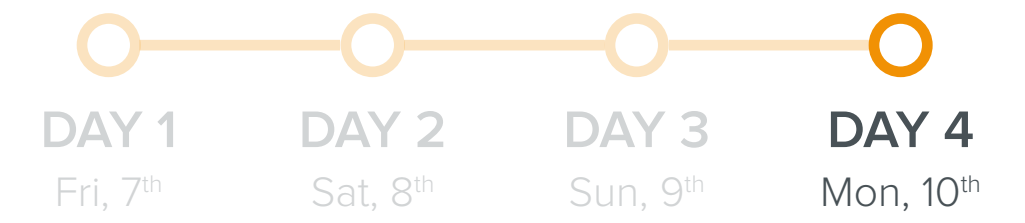
1



2



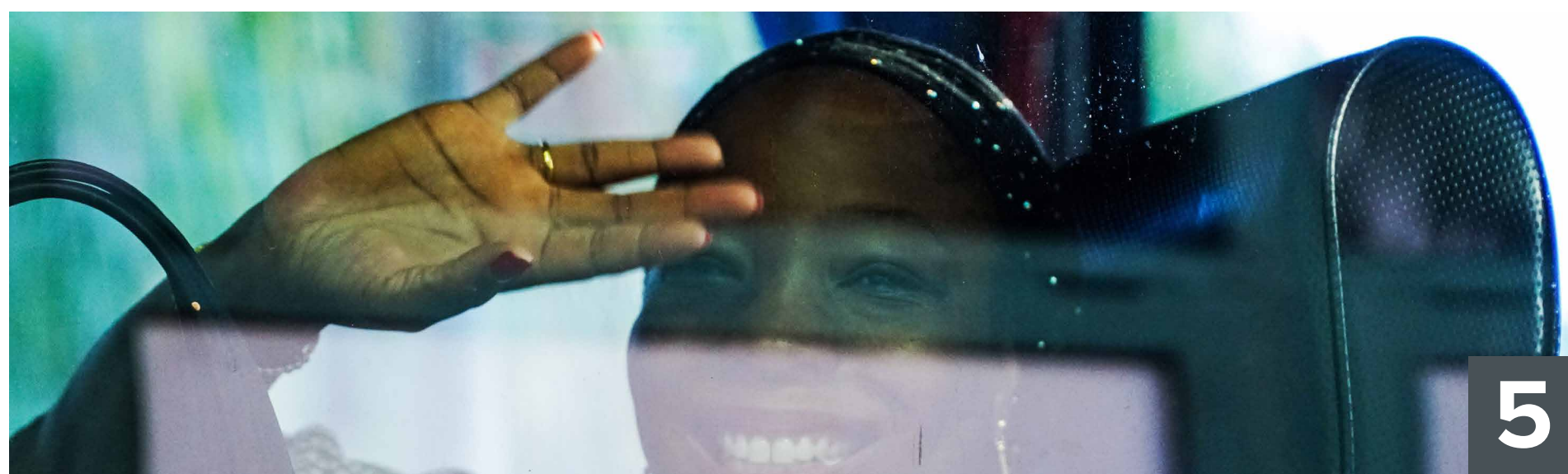
3



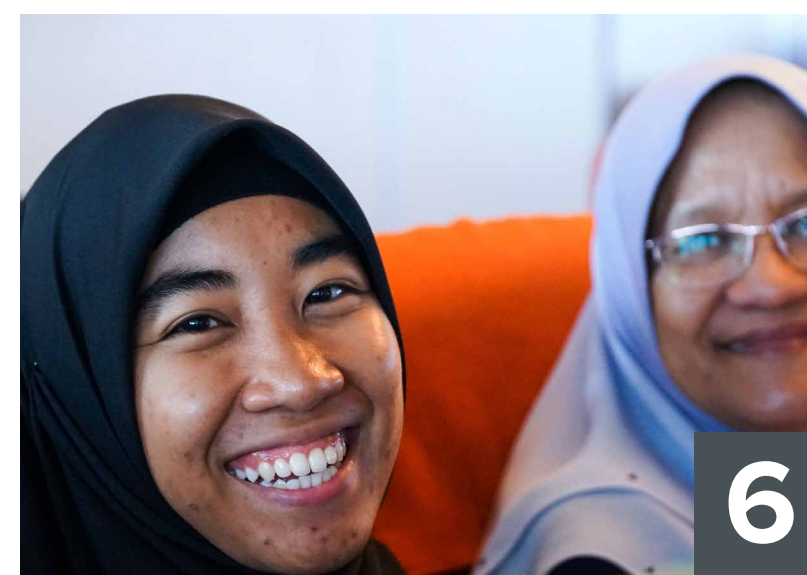
1. Wake up before sunrise and join us for *Fajr* (dawn) prayer.
2. Perfect your prophetic morning routine.
3. Pack your bags, shower and get ready for breakfast.
4. Attend the final workshop session on developing life goals. We'll also answer any lingering questions, issue certificates, and take a group photo. :)
5. Break for *Dhuhur* (noon) prayers. Enjoy your last Bintan Island lunch, meet at the lobby for the ride back to the ferry terminal.
6. Sit back and relax on the ferry back to dynamic Singapore, reflecting on what you learned over the past three days and what it means for your life moving forward.



4



5



6

A woman wearing a white hijab and glasses is holding a black mug filled with green tea. She is looking down at the mug. The background is a blurred indoor setting with wooden paneling and a window.

PROGRAM DETAILS

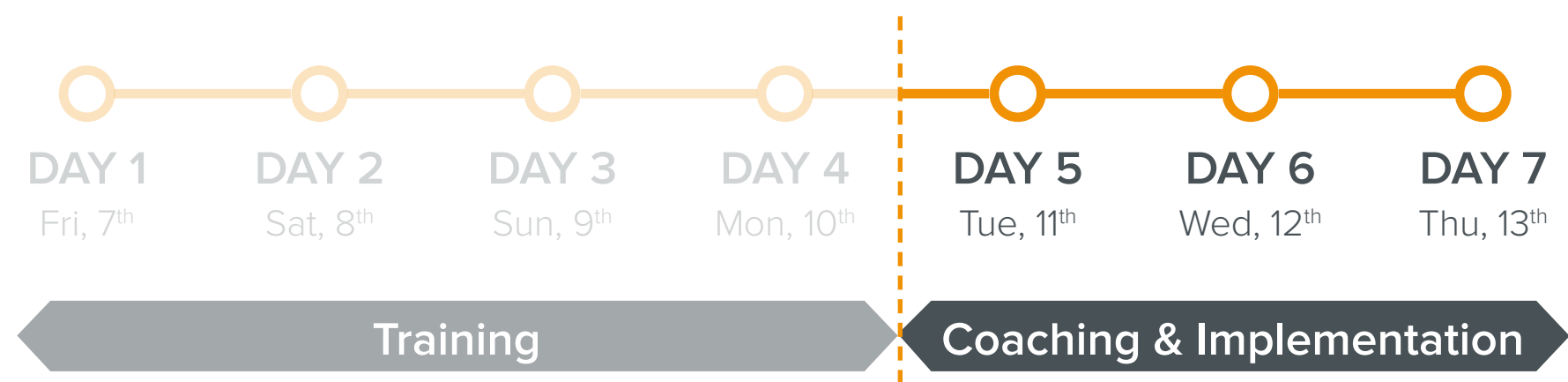
7 Day Retreat Experience

Friday, 7th - Thursday, 13th Feb 2020

THE 7 DAY EXPERIENCE

Sometimes a long-weekend break is not enough.

This is why we offer participants the option to upgrade to our 7-day retreat experience that includes the long weekend program in addition to extra guided experience days on the key concepts outlined in the workshop. Below is how it works:










The first three days will follow the same program as outlined in the long weekend escape program above. By the fourth day, we'll be wrapping up the training component of the retreat and switching over to the coaching and implementation phase of the experience.

The goal of this phase is to ensure that all participants not only know how to live the best version of themselves but *experience* living the best version of themselves during the remaining days and beyond.



Participants will engage with the following activities to help them get the most out of the retreat experience and feel ready for the challenges waiting for them back home:

-  **Develop Morning and Evening Routines** — spiritual, physical & social
-  **Develop “Best Version of Self” Checklist**
-  **Daily Group Coaching Sessions** to ensure everyone is making the most of the experience
-  **Daily Reflections/ Journaling** to understand the development of the Self
-  **Practice 20-min Power Naps**
-  **Develop Goals and Routines**
-  **Daily Challenges** that help participants get out of their comfort zone & try new things

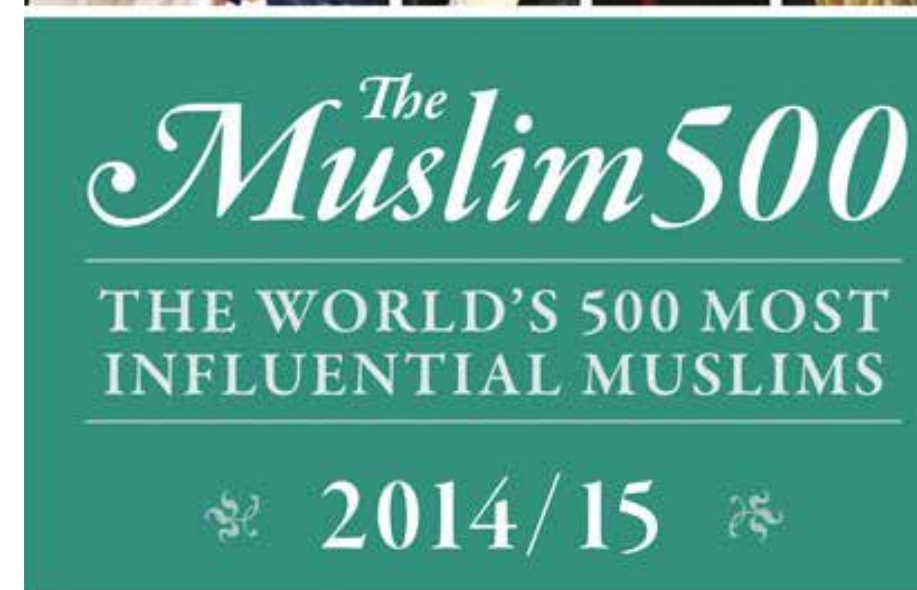


These activities will be guided through group sessions, private practice, as well as one-to-one interaction with the retreat leader.

Moreover, participants will have free time to enjoy the various resort facilities & activities, visit the local towns & historical sites, and network with each other to develop lifelong friendships.



Global Islamic Economy Award —
Media Category (2016)



World's 500 Most Influential Muslims
(2014)

RETREAT LEADER

Mohammed Faris is the founder & CEO of The Productive Muslim Company and author of the popular book, “The Productive Muslim: Where Faith Meets Productivity”.

He is an executive coach, author, and international speaker who leverages Faith & Peak Performance Science to help executives, professionals, and entrepreneurs live the best versions of themselves spiritually, physically and socially.

Mohammed enjoys cycling, baking artisan bread, and taking fellow retreat travelers on an inward journey of self-discovery and transformation into who they are and who they want to be.





VIDEO INTERVIEWS



WHAT'S MY INVESTMENT?

How much is peace of mind, clarity, and some quiet time in a halal, relaxed environment worth to you?

	4 Day Weekend Escape Friday, 7 th - Monday, 10 th Feb 2020		7 Day Retreat Experience Friday, 7 th - Thursday, 13 th Feb 2020	
Return ferry ride from Singapore to Bintan Island	✓		✓	
Transportation from ferry to resort hotel	✓		✓	
Full board hotel stay (breakfast, lunch & dinner)	✓		✓	
Welcome gift box	✓		✓	
Peak Performance training workshop	✓		✓	
Post- <i>Fajr</i> reflections & exercise on the beach	✓		✓	
Game Night	✓		✓	
Movie Night	✓		✓	
Unlimited Wi-Fi access	✓		✓	
Usage of Nirwana gym, swimming pool & other free facilities	✓		✓	
Morning & evening routine development			✓	
Group coaching sessions			✓	
45-min one-to-one coaching session			✓	
Daily challenges			✓	
Daily journaling/reflections exercises			✓	
	Shared Occupancy (Sharing a room with 1 participant — same gender)	Single Occupancy (Your private room)	Shared Occupancy (Sharing a room with 1 participant — same gender)	Single Occupancy (Your private room)
	US\$1697	US\$2097	US\$2497	US\$3197

What's excluded?

- Airfare to and from Singapore Changi Airport.
- Land transportation in Singapore to and from the Ferry Terminal.
- Visa processing fees.
- Room upgrades, late check-out and early check-in.
- Any expenses of personal nature.
- Tips and portages.
- Food and drinks not per meal plan.

Reserve your spot »

SUSTAINABLE TRAVEL POLICY

How You Can Travel Responsibly

Let's do our part in minimizing our carbon footprint when traveling. A little goes a long way in preserving the natural environment of every destination we visit:



1. Reusable Bags

You will receive an exclusive Productive Muslim Retreat 2020 tote bag as part of the welcome pack. Compact and lightweight, bring it with you to the supermarket or when out shopping.

2. Water Bottles

As part of the welcome pack, you will also receive a cool water bottle. Tap water in Singapore and Bintan are safe to drink so say goodbye to plastic bottles and hello to a more sustainable you.

3. Reusable Containers

It is always handy to pack a reusable container if you see yourself getting food on the go often during your trip and you don't want to waste food. Most places in Singapore and Bintan welcome this initiative and if you are looking for something more compact, a reusable silicone food bag is a great option.

4. Public Transportation

Getting on and off public transportation is such a breeze when you're in Singapore. Not only is it environmentally-friendly, but it is also fast and efficient. Hop on the trains and buses and reduce your carbon footprint on your trip!

To get to the Tanah Merah Ferry Terminal, you could get on the shuttle bus from Changi Airport Terminal 4 (Coach Stand, Lot 9) to the Coach Stand at Tanah Merah Ferry Terminal. Buses run on 30-minute intervals and cost SGD 3 for a one-way trip. For more information, you may [click here](#).

Alternatively, you can reach out to other Retreat participants who may be arriving at Changi Airport around the same time as you and cab-pool together to Tanah Merah Ferry Terminal.

1. Can I bring my family to the retreat?

Yes, of course. This is a perfect getaway from the daily hustle and bustle for a family to escape into.

2. What is the child pricing?

Weekend Escape:

- Child sharing with parents with extra bed (3-11yrs): US\$997
- Child sharing with parents without bed (3-11yrs): US\$897

Retreat Experience:

- Child sharing with parents with extra bed (3-11yrs): US\$1297
- Child sharing with parents without bed (3-11yrs): US\$1197

3. When are the travel dates?

Weekend Escape (4 days):

- Friday, 7th - Monday, 10th February 2020

Retreat Experience (7 days):

- Friday, 7th - Thursday, 13th February 2020

4. Do I need visa to enter Singapore/Indonesia?

These links will help you understand the visa requirements.

- Singapore: www.mfa.gov.sg
- Indonesia: www.imigrasi.go.id

Please allow ample time (6 to 8 weeks) for visa application prior to the retreat.

5. Will there be enough time for extra-curricular activities?

Yes, the programme is planned to give the participants ample of time for relaxation and extra curricular activities.

6. When is the last day of booking confirmation?

Last day for the booking will be 15th December 2019.

7. Can I pay in installments?

Send us a WhatsApp message or call us at +65 9729 4638 to discuss an installment plan.

8. What's the cancellation/refund policy?

You may cancel and ask for a refund before 15th December (the refund will be minus admin/bank fees). After 15th December there will be no refunds/cancellations allowed.



THE FINE PRINT

RESERVATIONS, DEPOSITS, & FINAL PAYMENTS:

To reserve a space on this program, make a US\$500 deposit towards your booking fee and complete your final payment by 15th December 2019 to confirm your spot. Please call/WhatsApp HalalTrip at +65-9729-4638 for details on how to reserve your spot. Reservations are acknowledged in the order they are received until the maximum enrollment has been reached. Deposits may be made with a major credit card or via bank transfer.

CANCELLATIONS & REFUNDS: All cancellations must be made in writing to HalalTrip. Reservation cancellations are refundable until 15th December 2019. After 15th December 2019, there will be no refunds/cancellations allowed.

CHANGES IN ITINERARY AND COSTS: The itinerary is subject to change at the discretion of HalalTrip and the Retreat Leader. Ferry schedules, hours of arrival and departure, time for activities, special programs, and guests are subject to change or cancellation without prior notice. HalalTrip and the Retreat Leader are therefore not responsible and are not required to compensate participants under these circumstances. Activities beyond the scope of the retreat are at the expense of individuals.

INSURANCE: We highly recommend the purchase of travel insurance to guard against unforeseen circumstances, loss of baggage, medical emergencies, etc.

DISCLAIMER: Every effort has been made to ensure the accuracy of the information presented in this publication. HalalTrip nor the Retreat Leader are responsible for errors in or damages resulting from the use of the information contained herein. The information contained in this brochure is subject to change.

QUESTIONS: Please call/WhatsApp HalalTrip at +65-9729-4638 or email: moiz@halaltrip.com.

PHOTO CREDITS: All images are rights managed and cannot be used without permission.





THANK YOU

We look forward to having you at the retreat!





Halaltrip Pte Ltd

80 Changi Road,
#05-12 Centropod,
Singapore 419715,
Singapore.

Tel: +65 9729 4638

Registration No: 201528573D

Travel Agency No: 02786

www.halaltrip.com

the
PRODUCTIVE
MUSLIM
company

Leading Productive Lives LLC

3824 Cedar Springs Rd
Dallas TX 75219-4136
United States.

Tel: (214) 530-0023

www.productivemuslim.com

[Reserve your spot »](#)

PRODUCTIVEMUSLIMRETREAT.COM