

The Wholesome Retreat



A safe and inclusive

space for young Muslim women aged 18-25. Rooted in Islamic values and delivered by experienced Muslim women practitioners, the retreat provided a holistic four days of learning, reflection, and connection—designed to nurture the mind, body and soul.

Curated by freelance consultant Tahseen Mehar and in partnership with An Nisa Society, the Wholesome Retreat sought to support the wellbeing, growth and resilience of young Muslim women in what can be classed as a vulnerable period of their lives as they navigate their futures and transition into adulthood.

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Extremely thought-provoking... to be in a room full of women with different experiences and discuss what it means to be a Muslim woman in society and the changes we would want to see and how we could achieve that.”

Following a short application process, 15 young women successfully secured their place on this much sought after retreat, which quickly amassed a waiting list of others wanting to attend.

Whatever their ages and backgrounds, whether they were studying or working, they all shared a common goal for attending - seeking personal growth and development, increased connection to faith and to feel part of a community.

This female-only rural getaway offered a truly exceptional opportunity to step away from hectic inner city London lives, shut off distractions, recharge and return with renewed confidence and purpose.

Set on a picturesque working farm in the South Downs National Park, the character-filled venue was the perfect backdrop for the range of activities on offer and comfortably housed all participants for 3 nights. Every element of the retreat had been thoughtfully and intentionally designed to ensure that all attendees would have an enriching and meaningful experience, one that would have a lasting impact long after the event itself.

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The accommodation was absolutely beautiful and ... felt so peaceful, cosy, and perfectly in tune with the reflective and spiritual vibe of the week

The Wholesome Retreat Report

Each day was themed and programmed to provide a range of workshops and activities, such as self development and team building exercises, nature trails, yoga, lambing, campfires, creative art and spiritual discussions. Participants were encouraged to engage in the programme mindfully, with their full intention and attention, so that even moments of quiet and calm could inspire awe and wonder.

Congregational prayers were peaceful and beautiful periods of the day, which were regularly prefaced with short meaningful reminders by the resident Islamic Studies Teacher.

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The talks before congregational prayer were so grounding and really helped us enter Salah with more focus and presence



Wholesome and nutritious meals, unanimously rated 5 stars by the attendees, were catered by a seasoned in-house chef. Setting the large dining table for meal times, being seated together and conversing, the young women quickly formed friendships and built the foundations for a strong peer community.

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The most meaningful part of the retreat was.. the way we all came together bonded through shared experiences, heartfelt conversations, and a sense of unity that felt so natural and genuine

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The retreat has equipped me with the tools to lead a more balanced, thoughtful, and purposeful life



The Wholesome Retreat sincerely thanks the Muslim Institute's Community Empowerment Fund for funding this project to provide a much needed women-only space for young Muslims to come together, taking time out to reflect on themselves, to be fully immersed in all that was on offer, free of judgement and the foreign gaze, to be seen, heard and valued for who they authentically are. It is spaces like this that give rise to confident, connected and supported young women, equipping the leaders and mothers of tomorrow with new tools to carry into their lives, relationships, and futures.



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It left me feeling deeply connected to the world around me and to my faith

