

the  
PRODUCTIVE  
MUSLIM  
company®

• REFRESH • RESTORE • RENEW •



THE PRODUCTIVE MUSLIM  
*retreat*

— 3<sup>rd</sup> edition —

1<sup>ST</sup> - 7<sup>TH</sup> MARCH 2019 @ BINTAN, INDONESIA



RESERVE YOUR SPOT AT [PRODUCTIVEMUSLIMRETREAT.COM](https://PRODUCTIVEMUSLIMRETREAT.COM)



**Press the Reset Button on Your Life:**

*Spiritually, Physically, Socially.*

# Introduction

Join us on this exclusive faith-based personal development retreat where you take a **meaningful break** from the daily grind of life to learn how to improve your spirituality, health, and routines and make key decisions that would **transform your life**.



Situated just a 1-hour ferry ride away from the bustling city of Singapore, Bintan Island (Indonesia) offers the perfect getaway to refresh, restore, and renew your soul, body, and mind.

[RESERVE YOUR SPOT NOW](#)

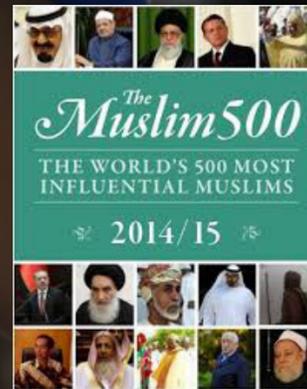


## Retreat Leader

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 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 from who they are and who they want to be.



World's  
500 Most  
Influential  
Muslims  
(2014)



Global Islamic  
Economy  
Award - Media  
Category  
(2016)

A man in a dark jacket and light shirt stands on a large, dark rock in the ocean. The background shows a coastline with green hills and a cloudy sky. A semi-transparent dark box with white text is overlaid on the image.

# 3-Day Weekend Escape Program Details

1<sup>st</sup> - 3<sup>rd</sup> March 2019

Day 1  
Fri, 1<sup>st</sup> March

Day 2  
Sat, 2<sup>nd</sup> March

Day 3  
Sun, 3<sup>rd</sup> March

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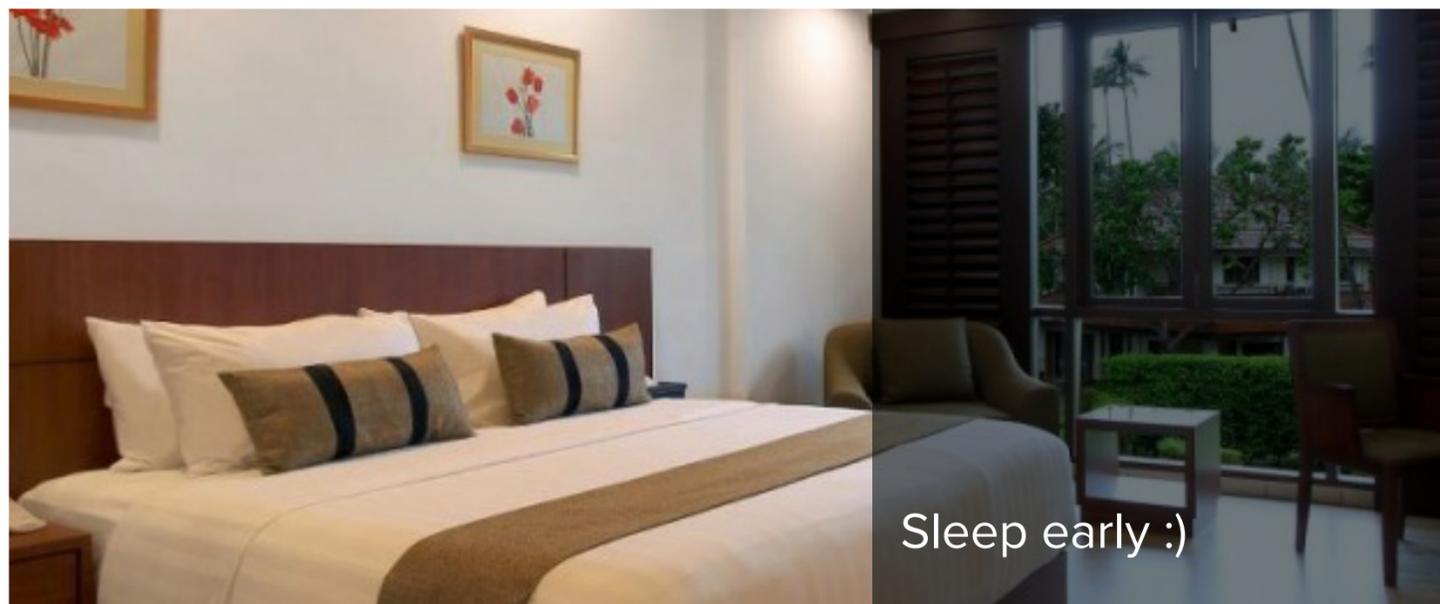
Arrive in the dynamic city of Singapore either on the same day or a couple of days early\* and take the four o'clock ferry to Bintan Island to begin your weekend escape.



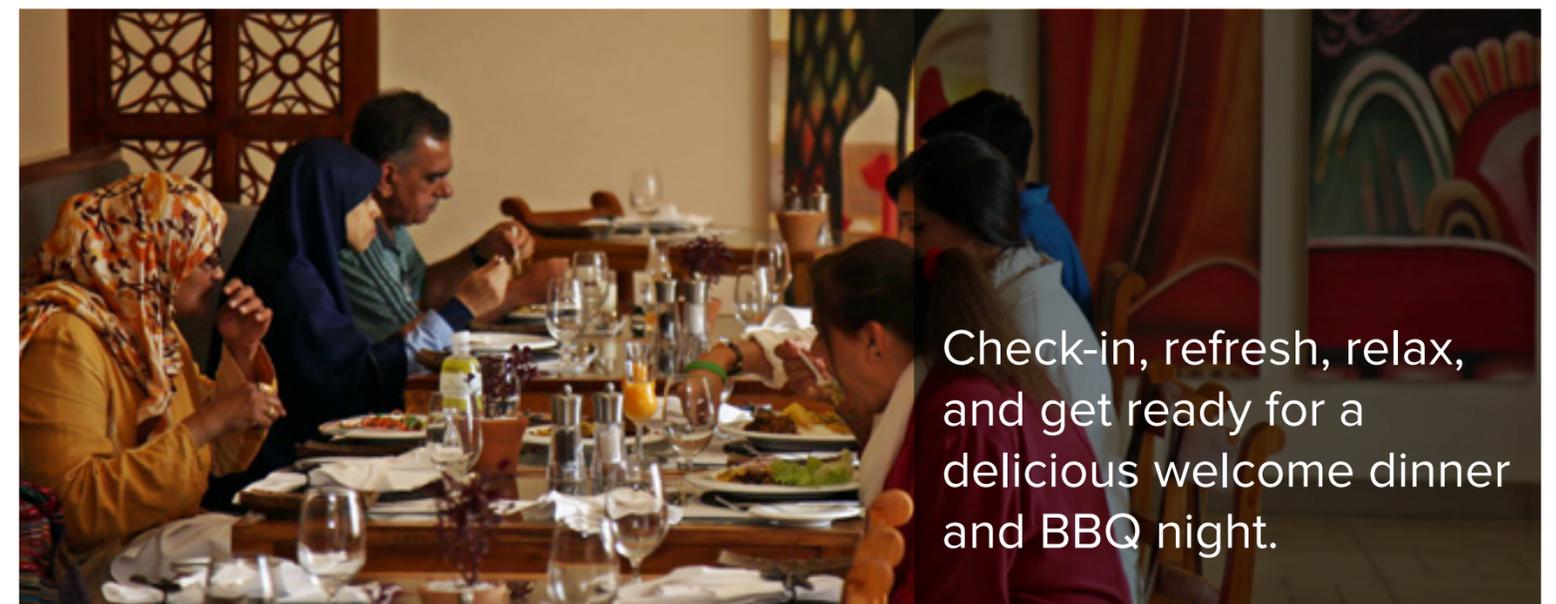
Say *Salaam* to the hospitable hotel staff at the Bintan Ferry Terminal and they'll take you, along with your fellow retreat participants, on a scenic ride to the Nirwana 5-star resort.



\*(see HalalTrip representative to book an optional 2-day tour of Singapore)



Sleep early :)



Check-in, refresh, relax, and get ready for a delicious welcome dinner and BBQ night.

Day 1  
Fri, 1<sup>st</sup> March

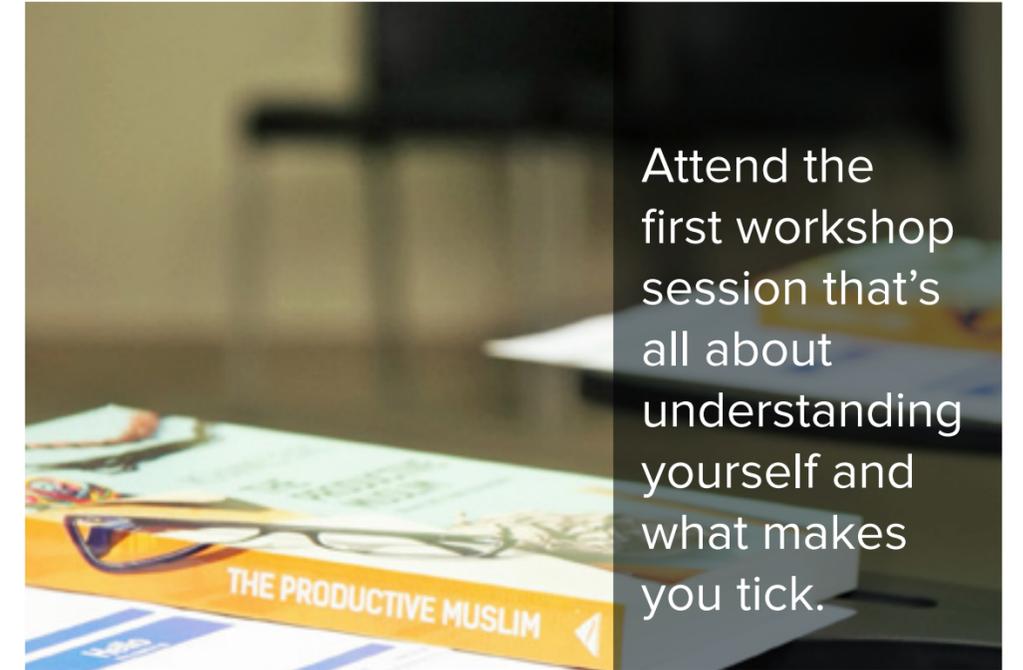
Day 2  
Sat, 2<sup>nd</sup> March

Day 3  
Sun, 3<sup>rd</sup> March

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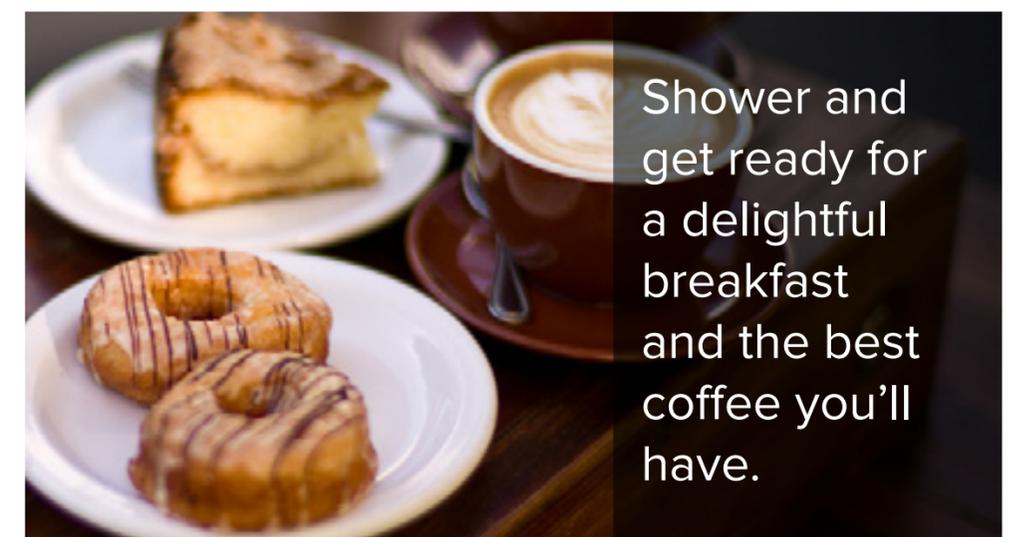
Wake up before sunrise and join us for *Fajr* (dawn) prayer and some early morning reflections and recitation of the *Qur'an*.



Attend the first workshop session that's all about understanding yourself and what makes you tick.



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.



Shower and get ready for a delightful breakfast and the best coffee you'll have.

Day 1  
Fri, 1<sup>st</sup> March

Day 2  
Sat, 2<sup>nd</sup> March

Day 3  
Sun, 3<sup>rd</sup> March

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Have a coffee break networking with participants and interacting with the retreat leader.



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.



Attend the third workshop session for the day that's all about hacking your body and how to manage sleep, food, and fitness.



Have a second coffee break socializing with participants and pray *Asr* (afternoon) prayers.



Break for *Dhuhur* (noon) prayers, Have an authentic Indonesian lunch, and enjoy a 20-min nap on a beach hammock or in your room.

Day 1  
Fri, 1<sup>st</sup> March

Day 2  
Sat, 2<sup>nd</sup> March

Day 3  
Sun, 3<sup>rd</sup> March

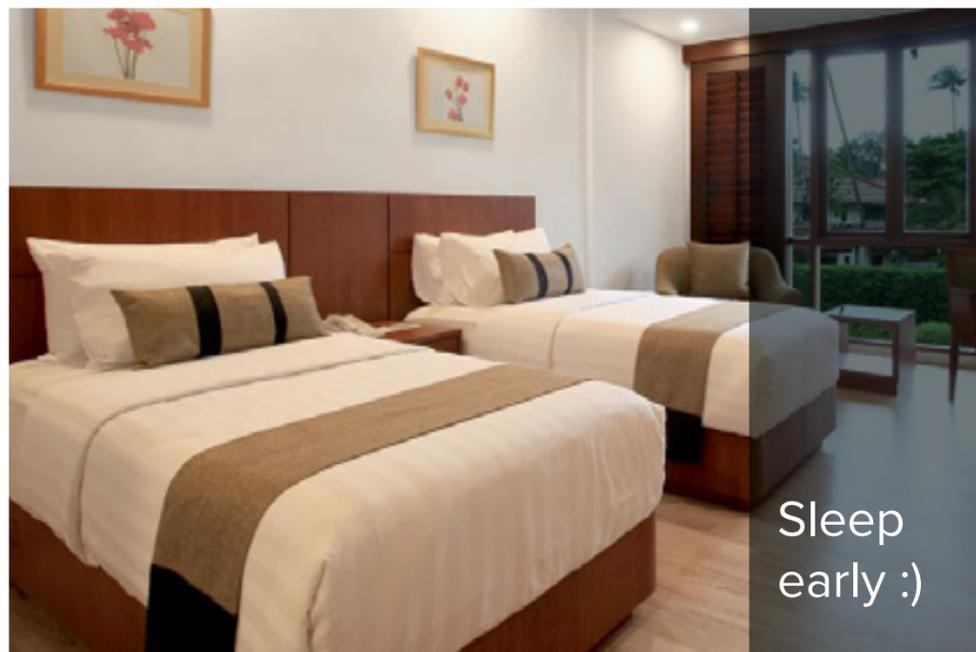
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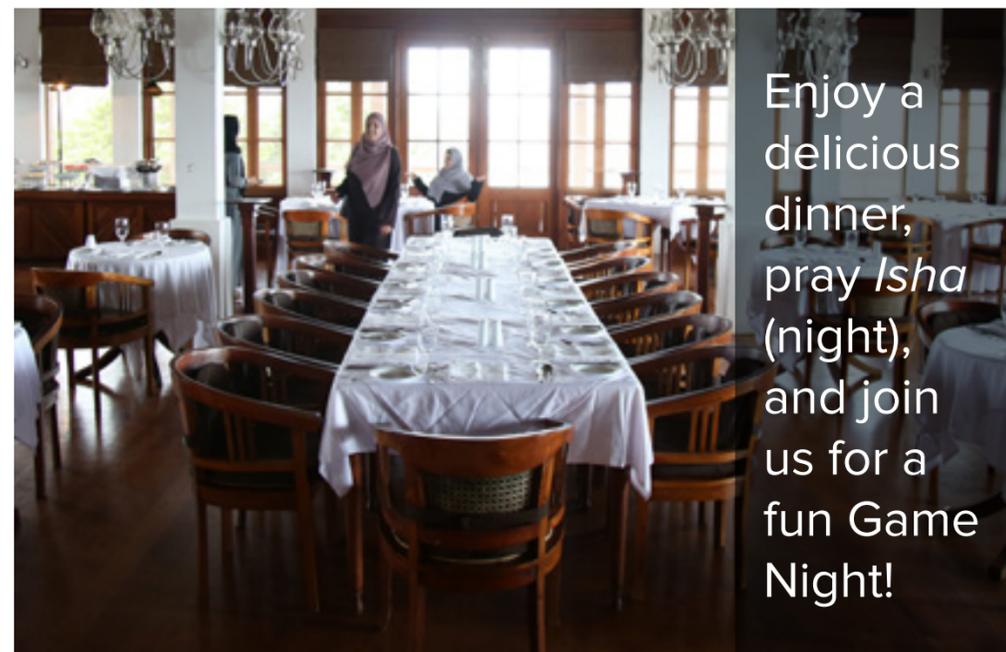
Listen to a dynamic local guest speaker who'll share insights and life stories that would help you see the world from a different perspective.



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.



Sleep early :)



Enjoy a delicious dinner, pray *Isha* (night), and join us for a fun Game Night!



Meet for *Maghreb* (dusk) prayers and group reflections on the day.

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Wake up before sunrise and join us for *Fajr* (dawn) prayer.



Attend a workshop session on how to develop consistent habits and routines.



Attend a post-*Fajr* talk on the beach, watching the sunrise as you spend time reflecting and reciting *Qur'an*.



Pack your bags, shower and get ready for a refreshing breakfast.

Day 1  
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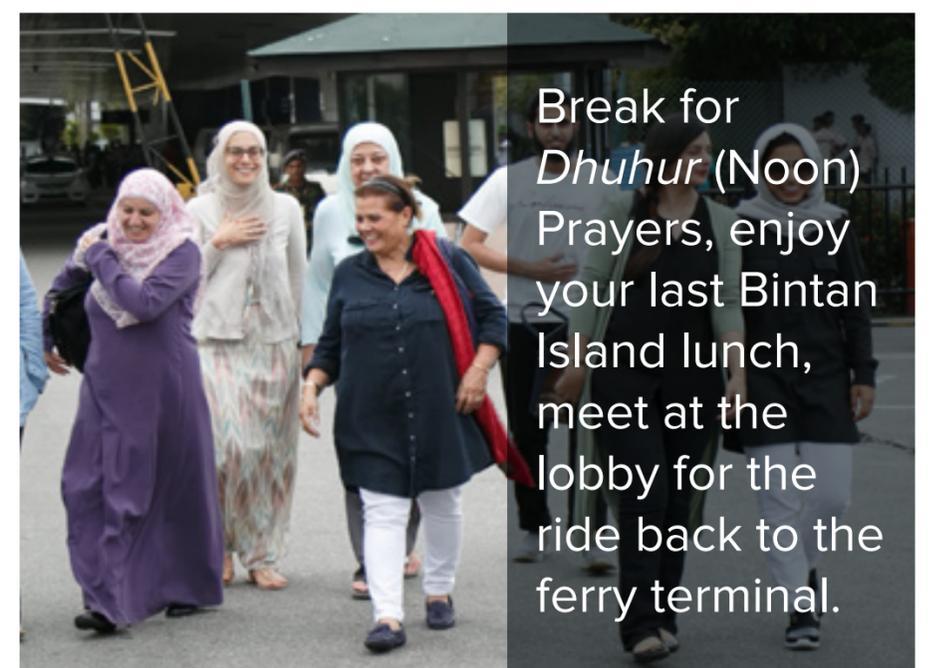
Have a coffee break networking with participants, exchanging contact information, and taking selfies.



Sit back and relax into the 2:35 pm ferry back to Singapore, reflecting on what you learned over the past three days and what it means for your life moving forward.



Attend the final workshop session where we summarize key learnings, answer any lingering questions, and take a final group photo :)



Break for *Dhuhur* (Noon) Prayers, enjoy your last Bintan Island lunch, meet at the lobby for the ride back to the ferry terminal.



# The 7-Day Retreat Experience

1<sup>st</sup> - 7<sup>th</sup> March 2019

Sometimes a weekend break is not enough. This is why we offer participants the option to upgrade to our **7-day retreat experience** that includes the 3-day weekend program in addition to a 4-day guided experience on the key concepts outlined in the workshop.

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, and Social



Develop an Exercise/ Nutrition System suitable for their physical fitness



Practice 20-minute power naps



Develop “Best Version of Self” Checklist



Daily Challenges that help them get out of their comfort zone



Daily Reflections/ Journaling to understand the development of the Self

# What's Included?

	3-Days	7-Days
Return Ferry Ride from Singapore to Bintan Island	✓	✓
Transportation from Ferry to Resort Hotel	✓	✓
Full Board Hotel Stay (Breakfast, Lunch, & Dinner)	✓	✓
Welcome Gift Box	✓	✓
Productivity & Self-Management Workshop	✓	✓
Post-Fajr Reflections & Exercise on the Beach	✓	✓
Game Night	✓	✓
Unlimited Wi-Fi Access	✓	✓
Usage of Nirwana Gym, Swimming Pool & other free facilities	✓	✓
Morning & Evening Routine Development		✓
1-hour Private Life Coaching Session		✓
Day trip to Bintan Town + Social Project		✓
Daily Personal Development Challenge		✓
Daily Journaling/Reflections		✓
Movie Night		✓

# Testimonials

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

*Shariffa Kadirbee Binte Syed Hoosan*  
*Clinic Manager, Singapore*



“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’ve been stuck for about two years and now I’m going back with some concrete steps I can take, I believe will lead me to what I am striving for.”

*Uzma Nawaz*  
*Political Analyst, Canada*



“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*

# Video Interviews

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Click below to watch video testimonials from past retreat participants.



# What's My Investment?

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If you were to make an investment in yourself, this retreat would be worth it for you. After all, now is the best time to invest in yourself and transform your life.

Prices start at **US\$997** — installment options available.

[RESERVE YOUR SPOT NOW](#)

# The Fine Print

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**RESERVATIONS, DEPOSITS, & FINAL PAYMENTS:** To reserve a space on this program, Make a US\$100 non-refundable deposit towards your booking fee and complete your final payment by December 15<sup>th</sup>, 2018 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 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. Should you have to cancel, the following terms will apply: reservation cancellations are subject to a US\$100 per person administrative fee from the time of booking until 15<sup>th</sup> December 2019. After 15<sup>th</sup> December, there will be no refunds/ cancellations allowed (however, if you/we find someone to replace you at the retreat, we can arrange a transfer of the booking and refund your money — minus admin/bank fees).

**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 not responsible therefore 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. Halal Trip 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](mailto:moiz@halaltrip.com).

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Thank you

We look forward to having you at our next retreat!

RESERVE YOUR SPOT NOW