

UMRAH PREPARATION 2024

CURRICULUM OVERVIEW



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Watch & Listen						
Umrah Seminar (Video)	Intro / What is Umrah? Preparing for the Journey	The Journey Begins Entering into Ihram Arrival	Tawaf Sa'ee Halaq/Qasr Masjid Al-Haraam & Makkah Mukarramah	Journey to Madinah Entering Masjid Nabawi In Front of Rasulullah (S)	Surrounding Masjid Nabawi & Conclusion	
Travelers to Haramayn Series (Audio)	Sanctity of the Haramayn	Journey to the Haramayn	Seeking Purity from Haramayn	Expressing Love in the Haramayn	The Haramayn's Focus on Salah	
Seerah (Audio)	Placing Black Stone - History of Kabah (Ep 23) Messenger Performs Umrah (Ep 148)	Farewell Hajj (Ep 187) Farewell Tawaf (Ep 186)	Treaty of Hodaybiyyah 1 (Ep 139) Treaty of Hodaybiyyah 2 (Ep 140)	The House of Abu Ayyub Al-Ansari (Ep 80) Construction of the Prophet's Mosque (Ep 82)	Battle of Uhud (Ep 110) The Martyrs of Uhud (Ep 114)	The Battle of Trench Continues (Ep 126) Prophet's Arrival in Quba (Ep 79)
Read & Write						
RH Supplements (PDF)	Goal-Setting	Salah Whilst Traveling	Method of Janzah Salah	Guide to Visiting Sites	Zam Zam, Guide for Repeat Visitors	Returning Home
Journaling Activity (Personal Reflections & Duas)	Goal-Setting	Journey Begins Entering Ihram Entering the Haram Sighting the Ka'bah	Tawaf and Sa'ee Ziyarah (1) Hodaybiyyah	Journey to Madinah Rawdah Meeting Rasulullah (S)	Ziyarah (2) Uhud Ziyarah (3) Baqee'	Ziyarah (4) Khandaq Ziyarah (5) Quba Madinah Farewell
Prepare the Heart						
Daily Worship Routine		Istegfar x 50 Salawat x 50 Qur'an x 5 min	Istegfar x 50 Salawat x 50 Masjid x 1 (or inc) Qur'an x 5 min	Istegfar x 50 Salawat x 50 Masjid x 1 (or inc) Qur'an x 10 min	Istegfar x 100 Salawat x 100 Masjid x 1 (or inc) Qur'an x 15 min	Istegfar x 100 Salawat x 100 Masjid x 1 (or inc) Qur'an x 15 min