



## Retreat 2009

### *Jeanette L'amour Hablullah, ND*

#### **Building a Lifestyle of Universal Harmony**

This workshop will lead participants to better understand the rhythm and cycles of life and how they can begin to adjust their own schedules, activities and dietary choices to harmonize with the positive energies of the universe. All will receive details of the Universal Harmony Diet, which has been a success since 2003. We will end with several harmonizing exercises combined with the ultimate harmonizer – laa ilaha illa Allah.

#### **Seven Laws of Healthy Living: Basic Rules for a Better Life**

This session examines the well known basic laws of health – Air, Water, Sunlight, Exercise, Cleanliness, Rest and Diet – by going into Quran and examining ayaat describing our origins and then moving through each law giving valuable information that includes references from Quran, Hadith and wholistic sources. Participants will have a greater awareness and appreciation for the essential needs of the human system.

Dr. Jeanette Hablullah is a Muslim convert, who was raised in Catholicism. She holds a Bachelor's Degree in Spanish and French from the University of Missouri and has graduate credits in Education and Psychology. She received certificates in **Reflexology, Introduction to Homeopathy** and **Healing Rays of Light** from the Academy of Reflexology and Health Therapy International in Indianapolis, Indiana. Then in 1995 she received the degree of **Doctor of Naturopathy** from the Clayton College of Natural Healing, Birmingham, Alabama. Later in 1997, Dr. Jeanette studied Oriental Medicine at Harmony Health center in Chicago, Illinois and has also learned some of the Japanese art of Jin Shin Jyutsu

Dr. Jeanette has practiced wholistic healing since 1993 under her business title, The Pearl Within. She provides training to medical practitioners as well as others interested in developing their healing abilities. She has traveled extensively to present lectures and seminars on various aspects of wholistic philosophies and techniques. While in Sudan in 1998, she had the opportunity to work with Integrative Medicine clinics in Khartoum. In September of 2006 she traveled to Bosnia and, by request, treated several citizens of the town of Stolac.

She has also been active in Islamic work for more than 25 years. In addition to da'wah activities, she has taught Quran and Islamic Studies in schools in Missouri, Illinois, Indiana and Maryland, and for four years served as Principal of a weekend school in



## Retreat 2009

Indianapolis. While teaching, Dr. Jeanette continues to study Quran and Tajweed (rules of recitation). To date she has memorized six juz'a or sections of the Quran.

She is author of the well received "The Magnificent Organ" and "Orientation to Wholistic Thought". In addition, The Pearl Within offers lectures on Tape and CD and publishes a quarterly Wholistic Health Newsletter

Dr. Jeanette has five children, seven grandchildren and currently resides in the state of Maryland.

## Kristie Karima Burns, MH,

### **The Kitchen Pharmacy & Nutritional Healing**

Did you know that you do not even have to leave your kitchen to heal? Many items in your kitchen provide healing with their nutritional value and some items can actually function as medicines. You can heal from your kitchen with the following awareness: what is your ideal diet and how to choose what a person's ideal diet is, what foods are best eaten for the health condition you have, what juices can help you heal, what foods can harm you according to what condition you have, what herbs in your spice cabinet can heal, what foods can heal and much more. You will also learn about vitamins, whole foods, food additives.

### **Physiological Typing**

Learn about the many different systems of physiological typing and how to use them to evaluate yourself and friends. Using typology can help you find the ideal diet, ideal lifestyle and even the ideal times of day for yourself. It can give you insight into your physical and mental strengths and weaknesses and help you to learn to cope better with the world around you – physically and spiritually. If you have children, typing can help you understand and teach them more effectively. Typology evaluations can also help mend relationships as well as your health.

Kristie Karima Burns, MH, ND runs a herbal consulting clinic and school full-time. Additionally, she offers her courses online to students in many different countries around the globe. She has been a healer since 1993 and has been a teacher since 1986. Ms. Burns has been interested in natural living and natural remedies since she was a young girl growing up in Iowa. However, it was not until her childhood ailments became serious that she started formal studies in the field of herbology and naturopathy. As a child she was plagued with environmental allergies, asthma, depression, mood swings and behavior disorders. By the time she reached high school the only way she could find relief from her problems was by taking daily medications. After suffering the side effects of these heavy medications through high school and most of college she finally set off on



## Retreat 2009

my own quest to find a cure.

By this time her asthma had put her in the hospital once and her mood swings and episodes with depression were out of control. She would routinely go for days barely able to breathe and had a hard time socializing.

Ms. Burns' cure finally started in the ancient Souks (markets) of Cairo where she met with some of the famous Attar (traditional healers & herbalists) who had been healing with herbs and nature for hundreds of years and had passed down the art to their children over many generations. They shared with her many of their secrets, many of which she was able to use to help herself. She spent the next six years in Cairo working as a photo-journalist and did many stories on the natural healers of the region as a way of further exploring the craft. When she returned to the United States six years later natural healing had become a part of everyday life for her just as it is for many of the natives of Egypt.

To fill in the gaps her mentors had left in her apprenticeship training she went back to school to formally study natural healing. She started by earning her Certificate in Homeopathy in 1993, and then a Certificate in Aromatherapy in 1994. She started pursuing formal studies to gain her Masters in Herbalism and a Naturopathic Doctorate in 1996. In 1999 she earned a Certificate in Iridology. She has also attended numerous seminars and lectures in the field including the Frontier HerbFest (for three years). She has recently completed continuing education units and gained certification in IET (Integrated Energy Therapy) and Homeopathic First Aid.

Ms. Burns has taught and lectured internationally at seminars, educational weekends, and community colleges as well as for special interest groups in the communities of America, Egypt and Saudi Arabia.

## Naimah A. Muhammad, M.Ed

**Hypnosis:** What is hypnosis? What Hypnosis is not? Can you be hypnotized? Will you be under the hypnotist control? Will you reveal any deep secrets if you are under hypnosis? Find out about this remarkable therapy which allows you to resolve conflicts between your conscious mind and your subconscious mind and to relieve stress.

**Emotional Freedom Technique:** Find the 15 points use to effect treatment based on the ancient Chinese medicine of acupuncture. Find out how EFT can assist with moving



## Retreat 2009

past emotional upset and “reset” the balance of body and mind. Set up a personal plan for yourself.

Naimah A. Muhammad, M.Ed., MCH, HBCBE, and HBFT: Na'imah is a certified practitioner of Hypnotherapy. She has over 20 years of experience in the field. Na'imah is a member of the International Association of Counselors and Therapists, the National Guild of Hypnotists, and a member of the HypnoBirthing Institute. She is currently the entrepreneur of New Life Horizons Counseling which is a counseling and hypnosis practice. She teaches hypnosis to couples that wish to have a natural childbirth without medical intervention and is a Professional Labor Companion or doula. She is also a certified Fertility Therapist. Smoking cessation, fear of flying, addiction recovery, stress management are some of the issues clients come to Na'imah for. Na'imah finds that hypnosis is beneficial for focus and concentration techniques to assist sufferers of ADDHD, increase in academic performance, creativity, and eliminating negative and limiting thoughts and feelings. She is also employed as a full-time guidance counselor and hypnotherapist at a Massachusetts public high school.

Na'imah is married and has two sons and a daughter, 12 grandchildren and one great-grandchild

## Aliyah Morgan MD

### **Dr 911: What Now?**

Once you've been diagnosed with an illness, many people don't know what to do next. Should you take the cholesterol medicine or try to treat it with lifestyle changes, do you have to take high blood pressure medicine for the rest of your life and what about the side effects. Have a candid conversation with our “*Dr Muslimah*” so you can feel empowered to make the right decisions about your health.

### **What's the 411**

Doctor/Patient Confidentiality is the RX for having a straight forward conversation with our young ladies. This is a workshop for young women 13-20 year olds to discuss the issues that have come up for them most often

- self esteem
- body image
- social pressures
- religious challenges



## Retreat 2009

-memorable firsts --bra, menstruation, high school/college/marriage/career.....

**No adults, “what happens in this workshop, stays in the workshop”.**

Materials needed: hand-held mirror, a favorite picture of themselves as baby or younger that this year, an ayat or hadith to share, with the group of peers, that reflects their feelings about themselves. (These tools are highly recommended but no-one will be turned away if not prepared). We will start on time and hopefully end on time. I will be available for private consultations if mother and or daughter want to talk.

Aliyah Morgan, M.D., M.P.H., has been a primary care physician for over 30 years with a focus in the most stressed communities and culturally diverse neighborhoods of New York City. In addition, she has volunteered in North Africa, working with women and families. Respected as a local, national and international presenter and writer with a life long commitment as a community activist focusing on gender issues, HIV testing and counseling and access to care issues, Morgan’s primary interests include the medical and psychological impact of child abuse, neglect, poverty, substandard education, gender bias, war and STI's including HIV on the quality of life of women and children, in particular girls. As an educator of students in middle school through university post doctorate, Aliyah Morgan strives to mentor along the way.

## Yasmin Ibrahim B.S.

### **What Predicts a Healthy Relationships?**

This workshop will explore the philosophy behind Understanding our Communication Style, and how it can impact our relationship with our spouse, parents, siblings and children. What Predicts a Healthy Relationship?

### **“Talk to me not at me”**

Young women will discuss how communication skills can help and hurt relationships with others. Discussing Interpersonal Skills, Effective, Communication and Relationship Skills will be the talk of the day.

Yasmin Ibrahim, Educator and coach for the TLC, Building healthy Relationship Program. The TLC Program is a relationship -based educational program, under the Head Start Program In Springfield , MA, Yasmin Facilitate workshops, mentor and coach individuals. She provide relationship education services in the Springfield, Chicopee, and Holyoke Massachusetts area to disadvantage teens, individuals and couples so they can acquire the skills and knowledge to form and sustain a healthy



## Retreat 2009

relationship.

Yasmin Ibrahim, graduated from Westfield State College with a Bachelor's Degree in Physiology and Minor in Women Studies, She is trained in Active Relationship Curriculum, As well as Active parenting Curriculum. She Facilitate workshops on daily bases for The TLC Program. This is a new and unique program funded under the Marriage Initiative to enhance the family through relationship education. Over 135 individuals has completed this program and is spotlighted by Washington as one of the top programs under this initiative. I have been bless with the opportunity to mentor and educate families to make a difference in their lives.

### Haneefah Salim

**"Get Rid of That Belly Fat Please...."** A look at the causes of Belly Fat and the Health Benefits of Reducing that problem area  
**No More Excuses-Just Move It!** Knocking down the Barriers that prevent us from having exercise as a part of our life.

Workouts:

**Cross Core Training**-a variety of exercises designed to target the core (area between the ribcage and hipbone). These exercises will hit the front, back, side, upper, middle and lower area of the core.

**Cardio Blast Kick box**-High intensity cardio and strengthening workout, with kickboxing and conditioning exercises.

**Power Yoga**-Intermediate Level Yoga exercises including the Sun Salutations. This workout will help to improve your strength, balance, flexibility and flatten and tone the core.

Haneefah Salim is Certified Personal Trainer and Fitness Instructor. Producer of 6 Exercise DVDs. She has been working in the Fitness field 10 years. She is a Certified Personal Training and teaches a variety of group fitness classes including Body Sculpting, Yoga-Pilates, Cardio Kickboxing, Hi/Low Impact Aerobics, Belltone and Belly Dance Basics.

Her experience as a fitness professional has lead her to participate in a Government Nationwide fitness campaign as a part of the exercise DVD used nationwide.



## Retreat 2009

Participated in organizing and conducting a Health fair Organized and facilitated women's retreat where she presented information on healthy eating and the importance of exercise. She has helped Muslims prepare for Hajj by presented information and lead warm up exercises to groups preparing for Hajj. Conducted the warm-ups and stretching for runners and walkers at an Annual Convention held in Chicago. She has produced seven DVDs. She is also a published freelance writer in the area of Physical, Mental, and Spiritual Fitness.

Haneefah currently teaches at Ballys Total Fitness in Baltimore as a group fitness trainer in addition to offering personal training at her Fitness Life Pro Studio.

## Mubarakah Ibrahim

### **Get S.M.A.R.T “Fitness Goal Setting”**

Learn the 5 key strategies that will allow you to make practical, realistic and achievable fitness goals.

### **Staying Motivated:**

Now that the weekends over, what now. How do we keep ourselves self-motivated until next year? Explore techniques and statagies to help you avoid the enevitable rut and break it if you ever find yourself in it.

### **Outdoor Fitness Boot Camp**

This outdoor fitness bootcamp can only be describes with it's tag line “The Anything Goes, Fat Buring, Muscle Building, Kickbutt, outdoor Fitness Boot camp for women...oh and it's fun too!

### **Turn the Channel “*a different talk to the hand technique*”**

The Ultimate form of control is submitting to the fact that you only control yourself. Young women will explore how powerful self-control can be and what a positive impact mental channel can create in their lives.

Mubarakah Ibrahim is the owner of BALANCE Fitness Studio for Women in New Haven, CT. She is an AFAA Certified Personal Trainer, Fitness Counselor and Authorized Oasis in the Overwhelm® Trainer. She has appeared on [The Oprah Winfrey](#)



## Retreat 2009

[Show "Thirty-something in America"](#), is a contributing expert to Prevention Magazine on fitness for women over 40, appeared on the covers of the Hartford Current, New Haven Advocate and Chicago Tribune. Mubarakah lectures, promotes and conducts workshops on alternative health, fitness and healthy living throughout the United States.

### **Monica Abdul Saleem (Fitness Instructor)**

**Walk Aerobics:** A low impact workout that will get you moving.

**ABSolute Fitness:** Create strong midsection in the abs and core focused workout.

**Get Lean: Muscle Strengthening** – “Strong is the New Sexy”....Wanna be sexy?

**Monica Abdul Saleem** is a native Washingtonian and an elementary teacher in the public school system. She is a wife, mother and grandmother. Monica is an inspiring AFAA certified fitness instructor and personal trainer specializing in yoga , muscle strengthening, and walk aerobics.