

***“It is He who created you from one soul and created from it its mate that he might dwell in security with her.” (Quran, 7:189)***



**May Allah (SWT) make this a blessing for us all  
(Ameen)**

# WELCOME TO ICARE

As Salaam Alaykum Waramatulahi Wabarakatuh,

In Sha Allah, you are reading this message in the best of spirits! Alhamdulillah, you and your spouse have chosen to participate in the 6th NCNMO Islamic Couples Retreat (ICARE) Event at The Tower Plaza Hotel in Dubai, UAE, from October 6th to October 9th.

This document provides you with a program schedule information about speakers.

Please remember that this is an Islamic setting; participants are expected to adhere to the rules of Islamic modesty in regard to our attire and conduct (how we relate to and address our spouses and other participants).

## Need Help during the Retreat?

Please feel free to contact us by email at **CouplesRetreat@ncnmi.org** should you have any questions or contact a planning committee member.

## Post Event Survey

You will receive a survey link at the conclusion of the event, please complete the survey to provide us with feedback to help us improve for future events.

Remember! ICARE means you agree to utilize **Communication, Appreciation, Respect, and Equal Partnership!**

Jazak Allahu Khairan! We look forward to having a wonderful and rewarding experience with the 6th ICARE together.

Ma Salaam  
ICARE Planning Committee 2023

# PROGRAM SCHEDULE

## Friday, October 6, 2023

|                         |  |
|-------------------------|--|
| 7:00am - 3:00pm         | Arrival & Registration   |
| <b>12:00pm - 1:30pm</b> | <b>Jumah Prayer</b> (Please make your personal arrangement to attend one of the local Masjids) |
| 3:00pm - 9:00pm         | Hotel check-in   |
| 4:00pm - 6:15pm         | <b>Activity:</b> Let's figure it out!  |
| <b>6:15pm - 6:45pm</b>  | <b>Magrib/Isha Prayers</b>   |
| 7:00pm - 8:30pm         | Dinner   |
| Post Dinner             | Rest & Relax   |

## Saturday, October 7, 2023

|                         |  |
|-------------------------|--|
| <b>5:15am-5:45am</b>    | <b>Fajr Prayer</b> - <i>Imam Yaki</i>  |
| 6:30am - 8:30am         | Breakfast  |
| 9:00am - 10:30am        | Keeping the spark alive - <i>That Clay Couple</i>                            |
| 10:30am - 11:00am       | Coffee/Pastry Break  |
| 11:00am - 12:30pm       | Bridging the Pleasure Gap - <i>Bro. Habeeb Akande &amp; Sis. Amirah Zaky</i> |
| <b>12:30pm - 1:00pm</b> | <b>Zuhr/Asr Prayers</b>  |
| 1:00pm - 2:00pm         | Lunch  |
| 3:00pm - 9:30pm         | <b>Activity:</b> See You in the Desert                                       |
| <b>6:15pm - 6:45pm</b>  | <b>Magrib/Isha Prayers</b>   |
| 7:00pm - 9:30pm         | Dinner   |

## Sunday, October 8, 2023

|                         |  |
|-------------------------|--|
| <b>5:15am - 5:45am</b>  | <b>Fajr Prayer</b> - <i>Imam Yaki</i>  |
| 6:30am - 8:30am         | Breakfast  |
| 9:00am - 10:30am        | Are You in A Loveless Marriage? - Warning Signs of a Struggling Marriage - <i>That Clay Couple</i> |
| 10:30am - 11:00am       | Coffee/Pastry Break  |
| 11:00am - 12:30pm       | What Do I Need from You? - <i>The Mullahs</i>  |
| <b>12:30pm - 1:00pm</b> | <b>Zuhr/Asr Prayers</b>  |
| 1:00pm - 2:00pm         | Lunch  |
| 3:00pm - 7:00pm         | <b>Activity:</b> Let's Experience Dubai Together   |
| <b>6:15pm - 6:45pm</b>  | <b>Magrib/Isha Prayers</b>   |
| 8:00pm - 9:30pm         | A Special Place for a Special Night  |

## Monday, October 9, 2023

|                        |  |
|------------------------|--|
| <b>5:15am - 5:45am</b> | <b>Fajr Prayer</b> - <i>Imam Yaki</i>      |
| 6:30am - 8:30am        | Breakfast                                  |
| 8:30am - 9:00am        | <b>Activity:</b> I Feel                    |
| 9:00am - 10:30am       | Forgiveness and Healing - <i>Imam Yaki</i> |
| 10:30am - 12:30pm      | Ask Me Anything - <i>The Mullahs</i>       |
|                        | Room Check-out                             |
| <b>12:30-1:00pm</b>    | <b>Zuhr/Asr Prayers</b>                    |
| 1:00pm                 | Lunch                                      |
|                        | <b>Ma Salaam!</b>                          |



# THAT CLAY COUPLE

## HASAN & NAA'ILA

### MARRIAGE COUNSELOR

Voted as the most inspiring couple of 2022, this couple duo are not just a counselor and coach but award-winning relationship architects who have helped hundreds of couples redesign their love stories and propel individuals forward to a better relationship with themselves. They are also accomplished authors, co-authoring several e-books and an internationally recognized book, "Selection Perfection: A Rock Solid Premarital Guide For You."

The couple employs a unique blend of clinical interventions, old-fashioned wisdom, and 'real talk', a refreshing, no-nonsense approach revolutionizing relationships.



Naa'ila has a Master's degree in Mental Health Counseling and a fulfilling 27-year career in the mental health field, I offer a blend of professional knowledge and heartfelt compassion. Hasan has an MBA & is ABD in International Business & Management. They are the proud parents of two children.

As a duo, they do not aim to fix problems but to teach couples how to see and hear the signs they may be ignoring. They are not just book-smart, they are street-smart too!

Their marriage has endured real-life struggles, including Hasan losing his sight. They understand the trials and tribulations of life and love, and they help you navigate through them.

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Website: <https://hasanandnaaila.com/>

Email: [info@ThatClayCouple.com](mailto:info@ThatClayCouple.com)

Instagram: [@thatclaycouple](https://www.instagram.com/thatclaycouple)

YouTube: [@HasanandNaailaClay](https://www.youtube.com/@HasanandNaailaClay)



# THE MULLAS

The couple duo take a proactive role in not only preventing divorce, but also in making marriages thrive.

Website: [www.signsofthedivine.com](http://www.signsofthedivine.com)



## USTADHA LOBNA MULLA MOTIVATIONAL SPEAKER

Ustadha Lobna Youssef Mulla is a motivational speaker and community educator. Lobna is the former National Tarbiya Director of the Muslim American Society, where she is still an active member. She has been working as a

youth mentor for the past two decades in multiple capacities. Lobna has organized youth camps, led study circles, taught classes in her community, and lectured extensively, nationally and internationally. Lobna serves as an IOK Muslim Chaplain at UCLA and is also a member of the Board of Directors of the Yaqeen Institute. In addition to being a mentor and speaker, Lobna has written for [myvirtualmosque.com](http://myvirtualmosque.com) and the MAS Blog. Lobna is a recent graduate of Chapman University with a Masters of Fine Arts in Screenwriting. She is the creator of the YouTube channel, Double Shot Mocha Productions, where she strives to promote social awareness through humor. Lobna was born and raised in Los Angeles, California. She graduated from California State University, Northridge in Business Administration with a focus in Accounting. She worked as an accountant for ten years until she began her career as a mother. Lobna moved to Egypt for three years with her husband, Shaikh Suhail Mulla, and her children and studied Arabic, Qur'anic Recitation and Islamic Sciences under Azhari scholars. Lobna Mulla currently resides in Los Angeles, CA with her husband and four children.



## SHAYKH SUHAIL MULLA IIMAM | SOCIAL WORKER

The Director of the Los Angeles branch of the Khalil Center – a community spiritual and psychological wellness center. Shaykh Suhail currently serves as Resident Scholar at the Islamic Society of West Valley in Canoga Park, CA. He also

serves as the IOK Muslim Chaplain at both, UCLA and CSUN. Shaykh Suhail has worked as a social worker in LAUSD and Sylmar Juvenile Court, has served as an Imam at the Islamic Society of Orange County and as Interim Executive Director and Director of Mental Health at Access California Services. Shaykh Suhail has served on various Interfaith Councils in Greater LA and is an advocate of the integration of spirituality and mental health. He currently serves as a member of the LA Department of Mental Health's Clergy Roundtable Project. Shaykh Suhail earned his Bachelor's Degree in African-American Studies from CSUN, his Master's in Social Welfare from UCLA and another Bachelor's Degree in Shari'ah (Islamic Law) from one of the world's most prestigious Islamic seminaries – Al-Azhar University in Cairo, Egypt. He also completed a two year Islamic Studies program at Al-Asheera Al-Muhammadiya in Cairo, Egypt where he studied privately with numerous Azhari scholars. Shaykh Suhail resides in Los Angeles with his wife and four children. He is a student of the outdoors and enjoys hiking, camping, backpacking, woodworking and gardening in his free time.





# HABEEB AKANDE

## SEX EDUCATOR

Habeeb Akande is a British-born writer, sex educator, and historian of Nigerian descent. He graduated from Kingston University in the UK with a first-class BA in Business and Film Studies. After his graduation, he traveled to Cairo, Egypt to study Arabic, Islamic Law, and Islamic History at Al-Azhar University. He is also a chartered accountant and works as a corporate tax professional.

He is the founder of Rabaah Publishers and the author of 7 books including, [A Taste of Honey](#), which looks at Sexuality and erotology in Islam, and [Kunyaza: The Secret to Female Pleasure](#).

Habeeb carries out workshops at international conferences at leading universities. He was featured in the BBC documentary, *The Orgasm Gap* (2020), which explored teaching female pleasure in Rwanda and the UK. BBC described him as the "man who is finding ways to close the gender pleasure gap outside of the classroom."



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Website: <https://linktr.ee/habeebakande>

Twitter: [@Habeeb\\_Akande](#)

Instagram: [@habeeb\\_akande](#)

YouTube: [@autodidact23](#)

# AMIRAH ZAKY

## SEX EDUCATOR



A UK-based Sex Educator and founder of Amirah Zaky Wellness, a company that specializes in helping women overcome a painful sexual condition called vaginismus; through her online course and team of coaches. Her company also provides a range of online sex education courses for women, men, kids, and teens. Amirah is in the process of writing a book called 'A Life of Intimacy', which is due to be published very soon.

Amirah's online courses:

- Confident Marital Sex
- The Pleasure is Yours
- Intimacy for Men
- Intimacy for Kids

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Website: [www.amirahzaky.com](http://www.amirahzaky.com)

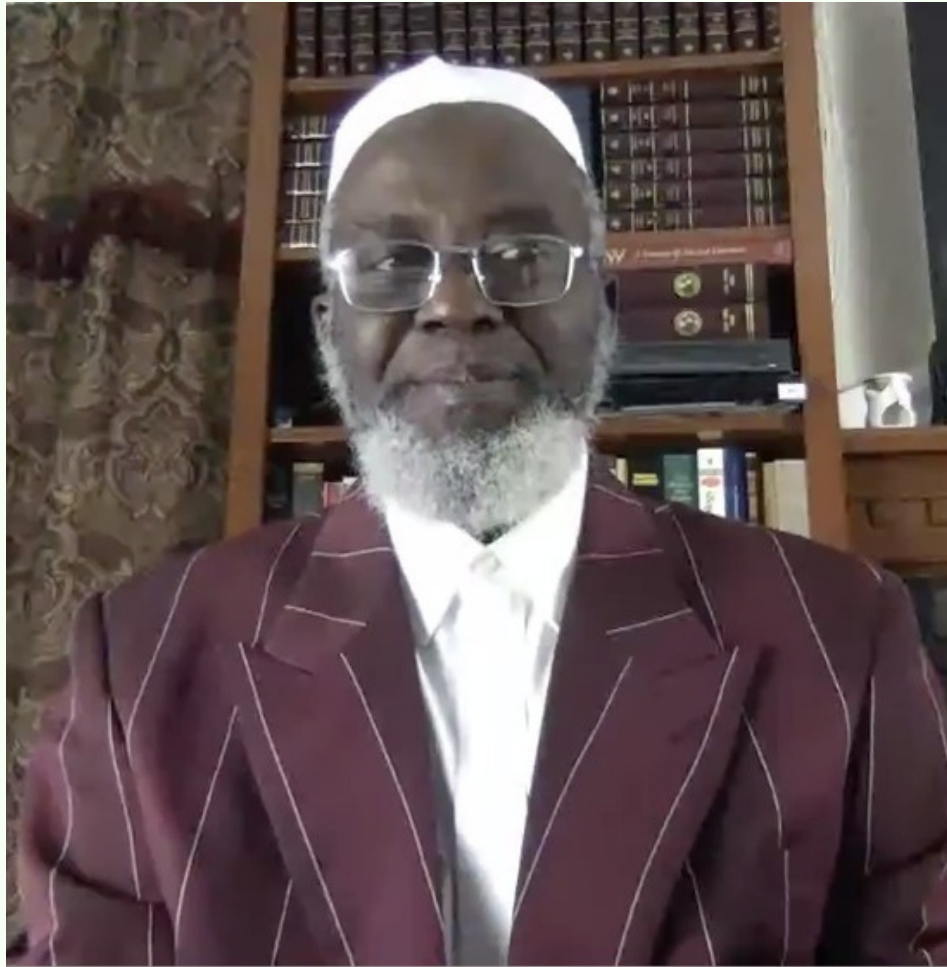
Email: [support@amirahzaky.com](mailto:support@amirahzaky.com)

Instagram: [@amirahzaky](#)



# IMAM ABDULRAHMAN YAKI

## MARRIAGE COUNSELOR

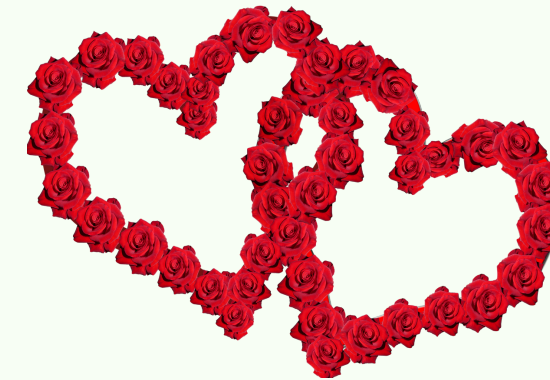


Shayk Abdulrahman Yaki was born and raised in Ghana's Capital City, Accra. He graduated from Say Islamic University, Niger, where he obtained a Bachelor of Arts in Islamic degree. He also studied at the Graduate School of Islamic and Social Sciences in Leesburg, Virginia, where he received a Master's degree in Islamic Law with a concentration in marital affairs in a joint program with Howard University. He is the Imam and Director of Islamic Research and Humanitarian Services Center and serves as the Iman for the Department of Correctional Services. He has published in Islamic journals, authored several Islamic books, and is active in grassroots Dawah and service work. He is the author of the critically acclaimed book, [Introduction to Islamic Marital Counselling](#) available on Amazon

Facebook: <https://www.facebook.com/ImamYaki/>

## MA SALAAM!

May your marriage be blessed and halal by the Allah (SWT), The Beneficent, The Rewarder of Thankfulness. May each day with your spouse being with joyful and blessed Bismillah! and end with pleased and grateful Alhamdulillah!



## Special Thanks

Alhamdulillah rabbi Alamin!

First, we praise Allah SWT for all the blessings that have been bestowed upon us and given us the ability to put this program together and execute it successfully.

We would also like to thank NCNMO for their leadership, guidance, and support and the ICARE Planning Committee for their dedication to planning, organizing, and executing all the different parts of the program.

Thank you to all of the speakers for their excellent and insightful presentations.

A special thanks to the ICARE 2023 attendees/participants for your investment in, and commitment to your marriages.