

THE BECOMING

A Rise & Rooted Experience

THE ART OF BECOMING YOURSELF
THROUGH FAITH

A morning to slow down, reconnect with yourself,
and return to who Allah created you to be.

YOUR MORNING OF BECOMING

What to Expect

-  **Arrival & Welcome**
Take your seat, enjoy refreshments and receive your welcome gift.
-  **Gentle Somatic Grounding**
A calming practice to help settle your nervous system and become present.
-  **Opening Du'aa**
Beginning our morning by turning our hearts towards Allah.
-  **Guest Session**
Healing Through an Islamic Perspective
A reminder from Apa Shaakira on navigating healing while remaining rooted in faith.
-  **Teaching Session**
Understanding Yourself Through Psychology & The Nervous System - with Madiha Farrukh
 - What is the nervous system?
 - How has my past shaped me?
 - Why do we repeat patterns?
 - How can awareness become the beginning of change?
-  **Guided Reflection**
Guided journaling & reflection to help you apply what you're learning to your own life.
-  **Tea, Refreshments & Conversation**
A relaxed opportunity to connect with other women in a beautiful setting.
-  **Teaching Session**
My Own Journey of Healing & Becoming
A personal reflection from Madiha on healing, growth and creating Rise & Rooted.
-  **The Rise & Rooted Journey**
Discover the four stages of The Becoming and what it means to continue growing beyond the workshop.
-  **Questions & Discussion**
A safe space to ask questions, reflect and learn together.
-  **Closing Reflection**
A quiet moment to pause, reflect and leave with intention.

YOUR EXPERIENCE INCLUDES

-  **The Rise & Rooted Guided Journal**
Includes pattern tracker, reflection exercises, journal prompts & practical tools.
-  **Beautifully Curated Refreshments**
-  **Welcome Card & Handwritten Thank You Card**
-  **A Thoughtful Gift**
-  **An Intimate Gathering of Just 10 Women**
-  **Three Hours of Guided Teaching, Reflection & Discussion**

MEET YOUR FACILITATORS

Madiha Farrukh

Founder, Rise & Rooted Institute

Psychology Graduate | Islamic Educator |
Trauma-Informed Practitioner

Madiha is passionate about integrating psychology, human development and Islamic principles to help women cultivate greater self-awareness, emotional resilience and intentional growth. Through Rise & Rooted Institute, she creates educational experiences that invite women to reflect, reconnect and become the women Allah created them to be.

Apa Shaakira

Life Coach | Islamic Educator

Apa Shaakira will be sharing practical insights on healing through an Islamic perspective, offering timeless reminders that nurture faith, hope and a deeper connection with Allah.

IS THIS EXPERIENCE FOR YOU?

This experience is for women who are ready to...

-  Understand themselves more deeply
-  Break free from survival patterns
-  Reconnect with Allah
-  Feel emotionally grounded
-  Begin becoming the woman they were created to be


SATURDAY
29 AUGUST 2026


10:00 AM -
1:00 PM


JOHANNESBURG
Venue details will be
shared upon registration.


LIMITED TO
10 WOMEN


INVESTMENT
R700

STEP INTO YOUR BECOMING.
We can't wait to welcome you.



CONTACT MADIHA:
+27 72 7250 250



RISE & ROOTED
INSTITUTE

THE BECOMING

A Rise & Rooted Experience

THE ART OF BECOMING YOURSELF
THROUGH FAITH

A morning to slow down,
reconnect with yourself,
and return to who Allah
created you to be.



HOSTED BY

Madiha Farrukh

Founder, Rise & Rooted Institute

FEATURING GUEST SPEAKER

Apa Shaakira



SATURDAY
29 AUGUST 2026



10:00 AM –
1:00 PM



JOHANNESBURG
Venue details will be
shared upon registration.



LIMITED TO
10 WOMEN



INVESTMENT
R700



RESERVE YOUR PLACE TODAY