

# HOW TO PERFORM UMRAH

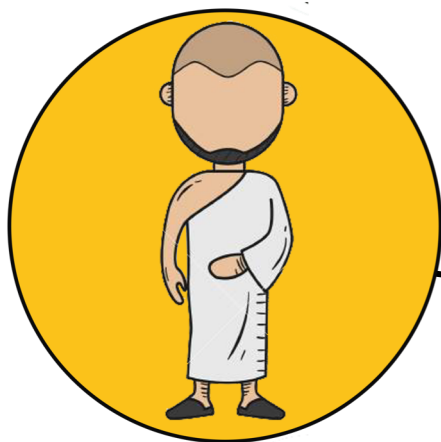


# UMRAH

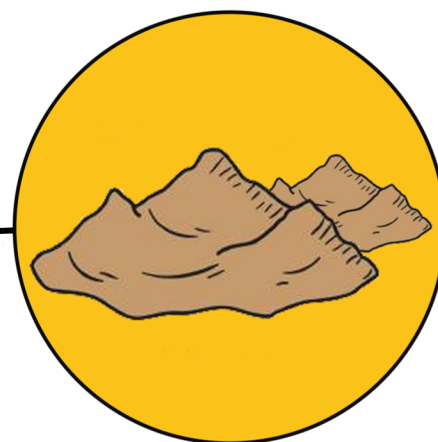
In terms of Shariah, Umrah comprises of passing the miqat in the state of **ihram**, performing **tawaf** of the Kaaba, doing **sa'i** of Safa and Marwah and carrying out **halq** (shaving) or **taqsir** (shortening) of the hair.

**Umrah can be performed throughout the year**, except during the days of Hajj which takes place between the 9<sup>th</sup> and 13<sup>th</sup> of Dhul Hijjah. The rites carried out during Umrah also form an integral part of Hajj itself.

# Rukun Umrah



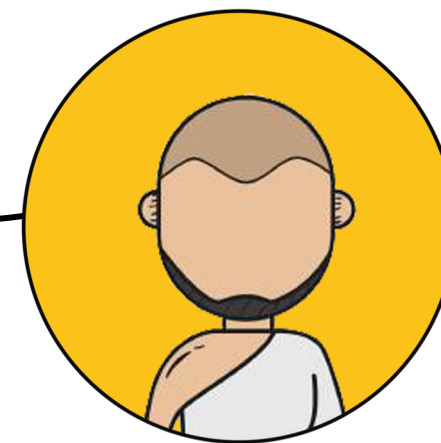
**1. IHRAM/  
INTENTION**



**3. SA'I**



**2. TAWAF**



**4. TAHALLUL**

# IHRAM | INTENTION

Ihram in Islam is a **sacred state which a Muslim must enter** in order to perform the major pilgrimage (Hajj) or the minor pilgrimage (Umrah).





## 2. WEAR

- *Wear Ihram clothes.*
- *Full Ihram for 'Awal Makkah'*



## 3. PRAY

- *Pray 2 rakaat Sunnah Ihram.*

أُصَلِّي سُنَّةَ الْإِحْرَامِ رَكَعَتَيْنِ لِلَّهِ تَعَالَى

- *Recite Al-Kaafirun in first rakaat, and Al-Ikhlās in second rakaat.*

## 1. CLEAN

- *Shaving moustache, armpit and pubic hair.*
- *Take a shower.*

نَوَيْتُ غُسْلَ سُنَّةِ الْإِحْرَامِ لِلَّهِ تَعَالَى

## 4. INTENTION

- *Make intention before/at the **Miqat**.*

نَوَيْتُ الْعُمْرَةَ وَأَحْرَمْتُ بِهَا لِلَّهِ تَعَالَى

- *Observe Ihram prohibitions.*
- *Recite Talbiyah.*





# IHRAM FOR MEN

- *two pieces of white cloth. (around the waist & upper body)*
- *take off all normal clothes including their undergarments.*
- *put on any footwear that are not covering ones ankles, heels and toes.*
- *Do not wear any headgear or cover any part of the head.*

# IHRAM FOR WOMEN

- *Everyday outfits as long their aurat are covered.*
- *Do not wear or use anything that will cover their face or hands.*



# IHRAM PROHIBITIONS

- *Removing hair or cutting nails.*
- *Using perfumes or scent on the body or clothing.*
- *Cutting or uprooting trees or green plants within the Haram boundaries.*
- *Engage in intimate activities or sexual relations.*
- *Wearing stitched garments or those having safety pins or knots with thread.*
- *Wearing shoes or socks, hat or head cover (for men)*
- *Cover faces with anything that touches their skin or wearing gloves (for women)*



# TALBIYAH

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ  
إِنَّ الْحَمْدَ وَالنُّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ

Here I am at your service O Lord, here I am. Here I am You have no partners here I am.  
Indeed all praises and the favour is Yours, and the dominion. You have no partners.



# TAWAF

Tawaf is one of the principal rites of the pilgrimage and refers to **circumambulating or walking in circles around the Kaaba** in an anti-clockwise motion. **Seven complete circuits**, with each one starting and ending at the Hajar al-Aswad, constitute one Tawaf.



## 2. TAWAF

- *Make intention.*

نَوَيْتُ أَنْ أَطُوفَ بِهَذَا الْبَيْتِ سَبْعَةَ أَشْوَاطٍ

طَوَافَ الْعُمْرَةِ لِلَّهِ تَعَالَى

## 1. PREPARE

- *In the state of **wudhu** and free from hadas and najas. (**wajib**)*
- *Uncover right shoulder for men.*

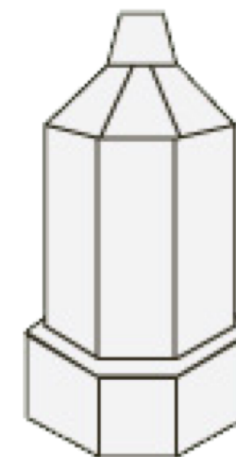


## 3. PRAY

- *Pray 2 Sunnah rakaat behind **Maqam Ibrahim** if possible.*

أُصَلِّي سُنَّةَ الطَّوَافِ رَكَعَتَيْنِ لِلَّهِ تَعَالَى

- *Recite Al-Kaafirun in first rakaat, and Al-Ikhlâs in second rakaat.*



## 4. ZAM-ZAM

- *Make a Duaa prior to drinking.*
- *Drink the Zam Zam water.*



## RUKUN YAMANI

- Touch it with the right hand but do not kiss it, and say *Bismillah Allahu Akbar* if you're able to.
- From the Yamani corner, till the black stone recite:

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ  
حَسَنَةً وَقِنَا عَذَابَ النَّارِ

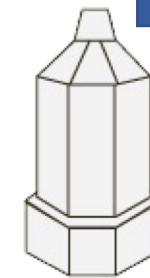
## HAJAR ASWAD

- Begin at the Black Stone
- Kiss it if you can do so or otherwise touch it with the right hand.
- If not possible, face towards the black stone and point towards it with the right hand.

بِسْمِ اللَّهِ ، اللَّهُ أَكْبَرُ

STENDT

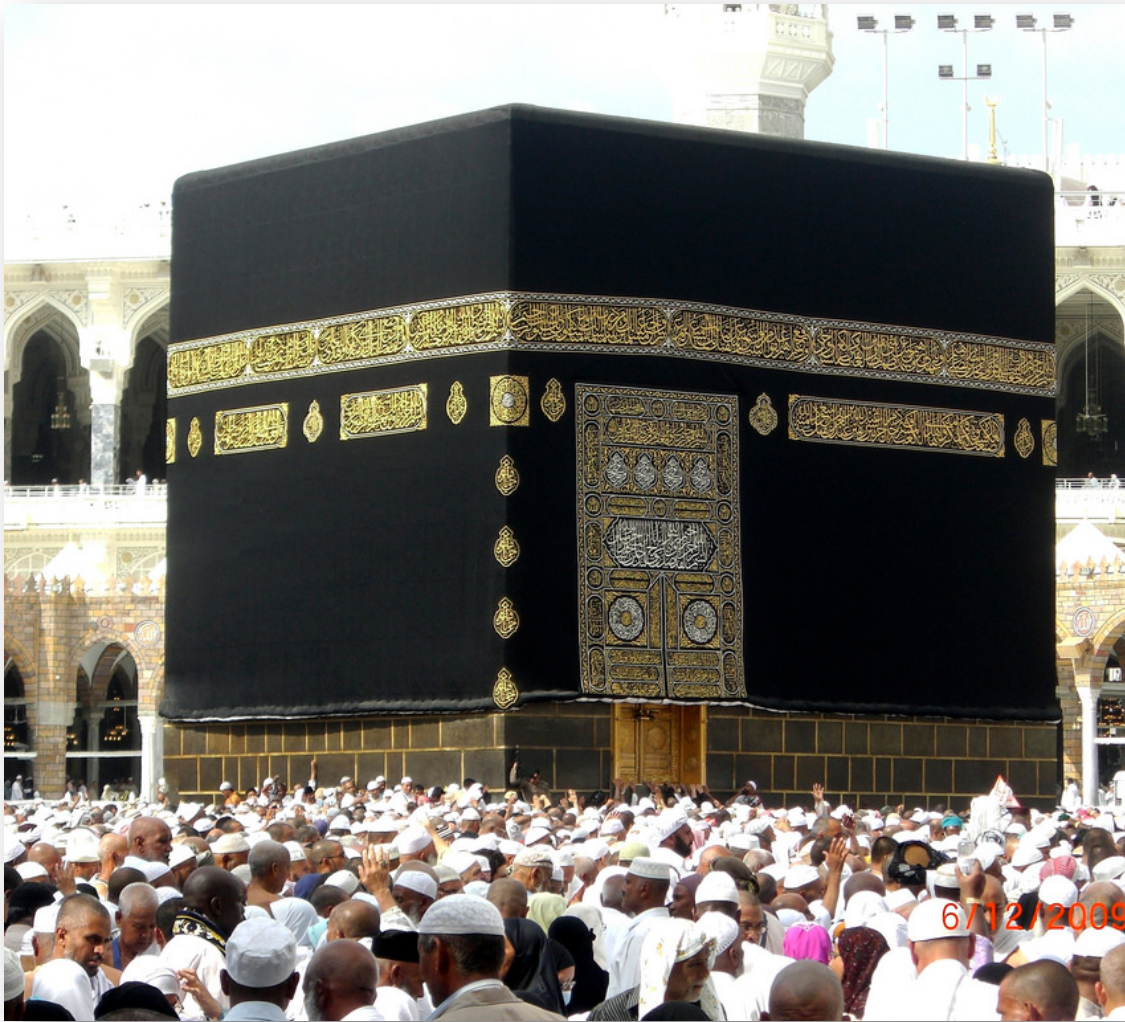
- Recite any supplication or zikir during tawaf.
- Your *one round* is complete once you *return back to the black stone*.
- Tawaf the kaabah 7 rounds.



## MAQAM IBRAHIM

- Proceed to Maqam Ibrahim after completing Tawaf.

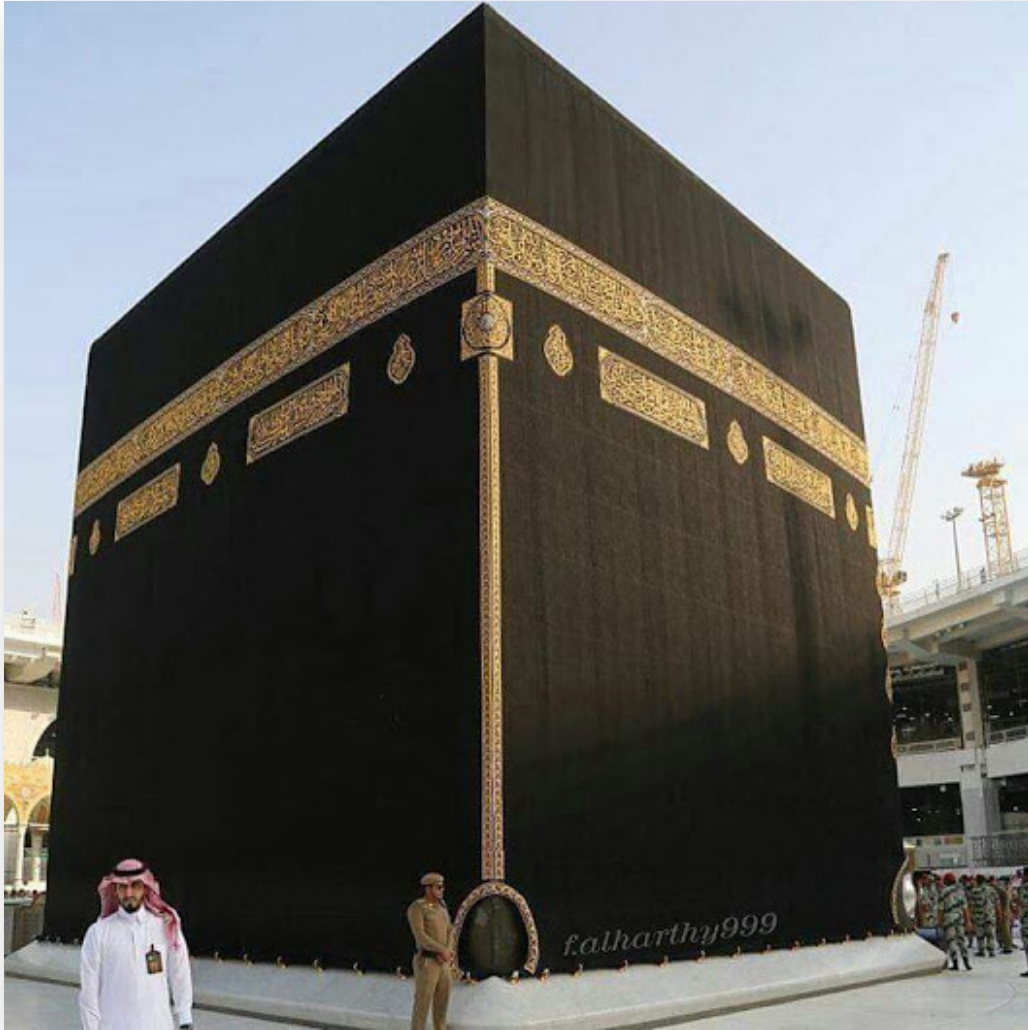




- BLACK STONE CORNER -







- YAMANI CORNER -



# SA'I

Sa'i is one of the integral rites of Hajj and Umrah and refers to **the ritual of walking back and forth seven times between the two small hills of Safa and Marwah**, located adjacent to the Kaaba in Masjid al-Haram.



## 1. INTENTION

➤ *Make intention:*

نَوَيْتُ السَّعْيَ بَيْنَ الصَّفَا وَالْمَرْوَةِ سَبْعَةَ أَشْوَاطٍ سَعْيَ  
الْعُمْرَةِ لِلَّهِ تَعَالَى

## 2. SA'I

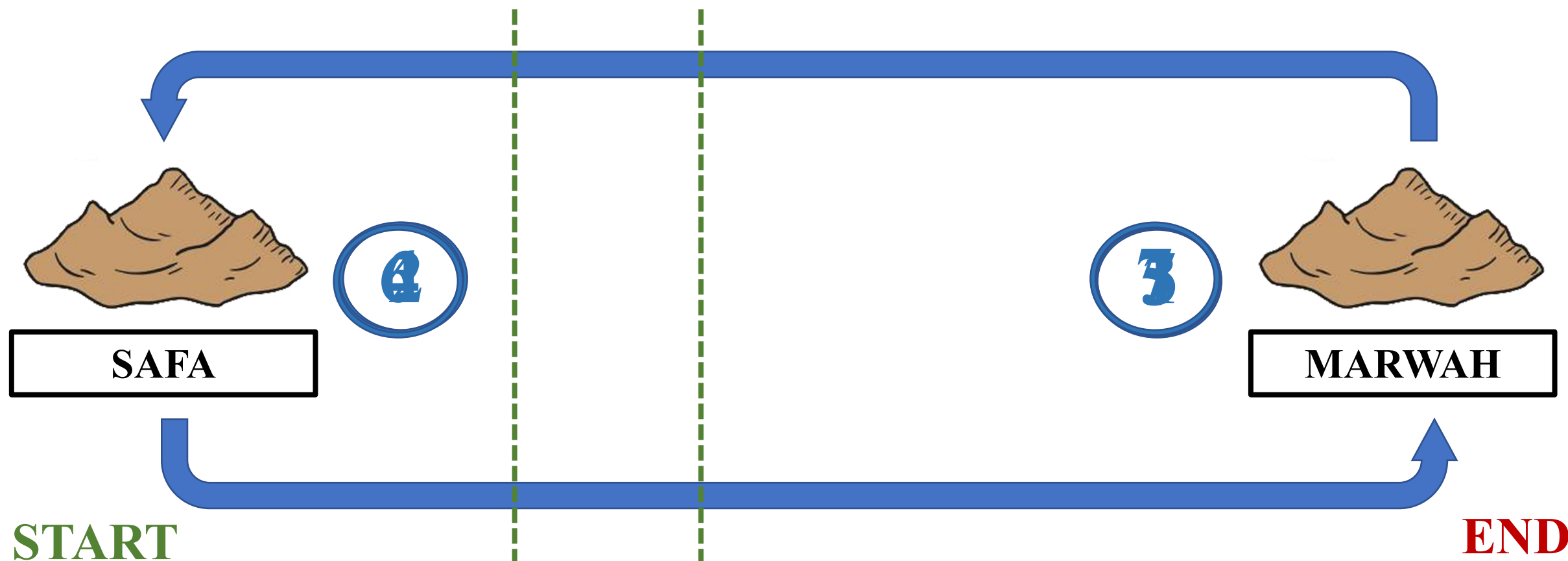
➤ *Begin Sa'i at **Safa***

➤ *To perform Sa'i **on foot**, unless you  
have a valid excuse.*



{ إِنَّ الصَّفَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ حَجَّ الْبَيْتَ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ

يَطُوفَ بِهِمَا وَمَنْ تَطَوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ }







- SAFA DAN MARWAH-



# TAHALLUL

Tahallul refers to dissolution or **ending the state of Ihraam** by virtue of which all restrictions of Umrah return lawful. It can be performed by either halq or taqsir.

Halq refers to the act of **shaving the entire head** and Taqsir is the act of **trimming the hair** on the head by at least an inch.

## SHAVE

## TRIM

## TRIM

- *Halq (shaving) or Taqsir (trimming the hair) is **Wajib** (obligatory) if you have hair on your head.*
- *You won't be able to leave the state of Ihram until you have performed one of the two.*
- *When doing Taqsir, the minimum amount to trim is the length of a fingertip from all ends of the hair (about an inch).*

- *Women are required to cut their hair by a fingertip.*
- *Even if a woman's hair is short in length, the hair must still be trimmed in order to leave the state of Ihram.*

MEN



WOMEN

