HOW TO PERFORM 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 9th and 13th of Dhul Hijjah. The rites carried out during Umrah also form an integral part of Hajj itself.
1. IHRAM/INTENTION
2. TAWAF
3. SA’I
4. TAHALLUL

Rukun Umrah
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).
1. CLEAN
- Shaving moustache, armpit and pubic hair.
- Take a shower.

2. WEAR
- Wear Ihram clothes.
- Full Ihram for ‘Awal Makkah’

3. PRAY
- Pray 2 rakaat Sunnah Ihram.
- Recite Al-Kaafirun in first rakaat, and Al-Ikhlas in second rakaat.

4. INTENTION
- Make intention before/at the Miqat.
- Observe Ihram prohibitions.
- Recite Talbiyah.
 ➢ 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 MEN
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)
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 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.
1. PREPARE

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

2. TAWAF

- Make intention.

3. PRAY

- Pray 2 Sunnah rakaat behind **Maqam Ibrahim** if possible.
- Recite Al-Kaafirun in first rakaat, and Al-Ikhlas in second rakaat.

4. ZAM-ZAM

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

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:

Rَّبَّنَا آيَتَنَا فِي الدُّنْيَا حَسَنَةٌ وَفِي الآخِرَةِ حَسَنَةٌ وَفِي عَذَابِ الْآخِرَةِ

MAQAM IBRAHIM

- Proceed to Maqam Ibrahim after completing Tawaf.

- 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.
YAMANI CORNER
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:

2. SA’I

- Begin Sa’i at Safa
- To perform Sa’i on foot, unless you have a valid excuse.
إن الصفا والمروة من شعائر الله فمن حج البيت أو اعتمد فلا جناح عليه أن يطوف بهما ومن تطويع خيرأ فإن الله شاكر عليم
- SAFA DAN MARWAH -
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.
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.