



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

“IN THE NAME OF ALLAH, THE MOST GRACIOUS, THE MOST MERCIFUL”



A Woman's Guide to Hajj

PRESENTED BY NOOR AL-FAJR



Religious How-To's

AGENDA

01.

WOMAN'S IHRAM

to be covered in Ihram 101: For women

02.

DIFFERENCES IN RITUAL WORSHIP

How do a man and a woman's Hajj rites differ?

03.

MENSTRUATION DURING HAJJ

Addressing a great concern for many women, menstruation during Haj



APR
28
2025



MONDAY, APRIL 28TH, 2025 9PM EST (60 MIN)

IHRAM 101: FOR WOMEN

with Sister Raheema and Sister Khansa

There are many do's and don'ts of Ihram, as it is not just the clothes you wear, but a state of obedience to Allah in which you follow stringent regulations to ensure the perfection of your hajj. Join us to learn all about Ihram, specifically for women

https://us06web.zoom.us/webinar/register/WN_ZojxN_3ARpiCUi0vlyfYWQ

**SCAN
ME! >>**



DIFFERENCES IN RITUAL WORSHIP

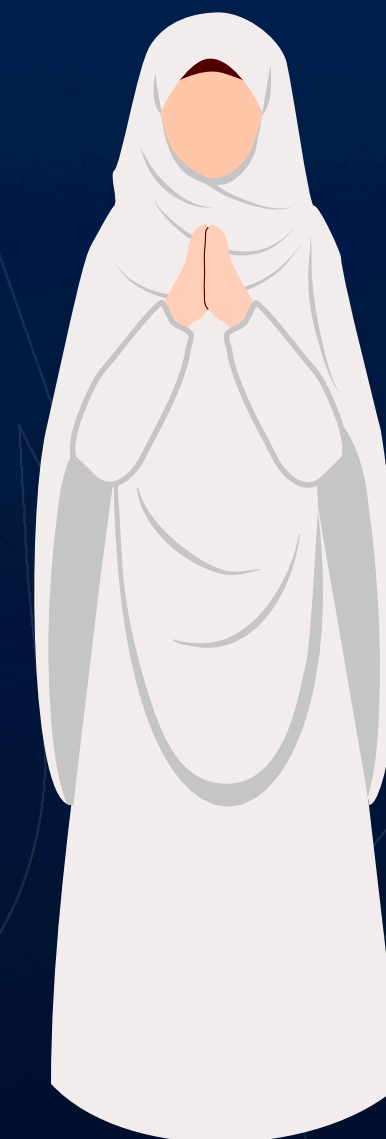


RECITING THE TALBIYYA

Women should not recite the Talbiyah out loud, rather they should say it quietly so that only they and the women next to them can hear it and so that non-mahram men cannot hear it, lest that cause fitnah (temptation) and attract attention.

If there is no fear of fitnah, she may recite the Talbiyah out loud.

The time for reciting the Talbiyah starts from after entering ihram for Hajj and lasts until one stones the Jamrat al-'Aqabah on the Day of Sacrifice.



لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ، إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَشَرِيكَ لَكَ

TAWAF

Similarities:

- Engaging in Du'a (supplication), remembering Allah, or reciting the Quran.
- Touching or kissing the Black Stone is allowed, provided that a woman does not push through crowds of men to do so. The same rule applies to the Yemeni Corner.
- Speaking is permitted if necessary or if the conversation is appropriate.
- It is not recommended to eat or suppress the urge to urinate, pass gas, or when having a strong desire for food, etc.



TAWAF

Differences

- Women should not perform ramal (jog) in the first 3 circuits of tawaf
- Al-Idhteaba' - uncovering the right shoulder
- Women should not crowd themselves near the wall of the Ka'bah, crushing themselves in to the men
- If she is performing Tawaf at a time when the crowd is light, she may draw as near as she can to the Ka'bah.
- A woman should not crowd with the men to kiss the black stone. Instead, she should wave to it with her hand just like the person who cannot reach it.
- If she feels that she may be nearing her monthly cycle, it is better that she performs the Tawaf as soon as she can so that she does not miss it.

S A ' I

Ramal, jogging, between Safa and Marwah

Imam Ash-Shafi'i said: "A woman should **not** jog between Safa and Marwah, nor should she uncover her arm like a man. This is because she seeks coming closer to Allah by covering and protecting herself and jogging and uncovering would contradict that."

It is not a must that a woman be clean from her monthly period in order to perform Sa'i. She **can** perform Sa'i while in her menses.



MUZDALIFA

- Spending the night in Muzdalifah on the eve of the 10th of Dhul-Hijjah is essential for both women and men performing Hajj.
- Women should join their Maghrib and 'Isha' prayers together and spend the night remembering Allah.

Some scholars allow women to leave Muzdalifah early if they fear crowds, but the Sunnah is to wait until after Fajr before proceeding to Mina.



TRIMMING HAIR

Women should only trim their hair according to all scholars

How much hair should she trim?

- 1 There is no set measurement, whatever she trims is sufficient
- 2 A fingertip span, about 1 centimeter
- 3 Trim from at least 3 strands of hair of her head, the span of a fingertip
- 4 Trim from at least a quarter of the her of their head, the span of a fingertip
- 5 She should join her hair together and then take from the ends of her hair the span of a fingertip



MENSTRUATION DURING HAJJ



MENSTRUATION DURING HAJJ

If a woman knows she may get her period in Hajj, she can completely omit Umrah and make intention of Hajj Ifrad.

If a woman gets her period the requirement for Tawaafe Widaa is dropped

When entering Ihram, put on Ihraam like all other haajis and make niyyah of Ihraam.

If a woman fears that she may not be able to complete the rituals of Hajj, she may stipulate a condition when entering ihram by saying, *"If I am prevented (from completing Hajj), then I will exit ihram at the point at which I am prevented."* Then if something happens to prevent her from completing Hajj, she will exit ihram and there will be no blame on her.

A woman can perform saee while in her menses.

TAWAAFUL-IFAADHA DURING MENSES

Tawaaful-Ifaadha is mandatory to complete for Hajj to be complete.

If a woman leaves without performing this tawaaf, she is still in the state of Ihraam even after leaving Makkah and would have to return to the city in order to complete the tawaf and get out of Ihraam.

If a woman comes out of Ihraam without doing this tawaaf, her hajj is completely **invalid** and will have to come back to redo the hajj.

A woman who feels she may get her period at the end of hajj, should do her Tawaaful-Ifaadha as soon as possible on the 10th of Dhul Hajj, instead of doing it on the 11th or 12th



TAWAAFUL-IFAADHA DURING MENSES

A woman who is in her menses has 3 choices with regards to the performance of the tawaaf:

1

The most preferred choice: Delay the Tawaaf until the end of Hajj. This is highly possible if you are staying for more days after Hajj and are certain your period will be done before you leave Makkah.



TAWAAFUL-IFAADHA DURING MENSES

A woman who is in her menses has 3 choices with regards to the performance of the tawaaf:

2

Use medical pills to stop your period at the discretion of your doctor. Once bleeding ends, take a ghusl shower and perform Tawaaf



TAWAAFUL-IFAADHA DURING MENSES

A woman who is in her menses has 3 choices with regards to the performance of the tawaaf:

Do Tawaf in the state of menses; This choice is allowed in this day and age due to the difficulty of staying for a longer duration in Makkah.

3

- a. Imam Abu Hanifa says the tawaaf will be done but she will pay damm (penalty): sacrificing a large animal in the haram
- b. Contemporary scholars have lessened the penalty to a smaller animal
- c. According to Imam Ibn Taymiyyah, she does not need to pay damm

The above three rulings apply to the Tawaaf in Umrah as well

MADINAH

Entering the Masjid:

There are specific doors to enter the Masjid for women.

If a woman is on menses she cannot enter the inside of the Masjid.

She is allowed to sit in the courtyard of al-Masjid al-Nabawī.

Women in menses can engage in various forms of worship like making Dua and doing Dhikr.



Movenpick

Hilton

Oberoi

North

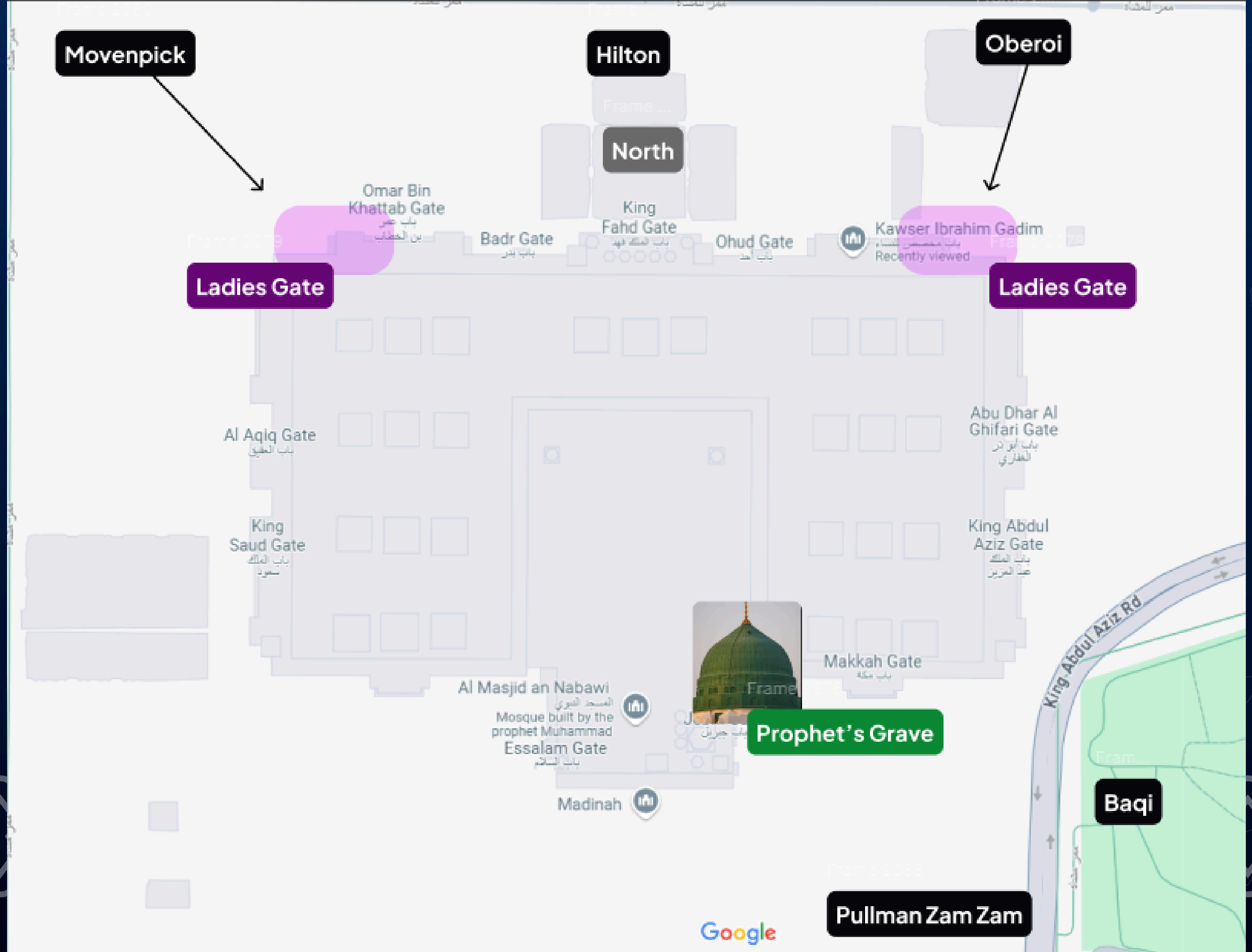
Ladies Gate

Ladies Gate

Prophet's Grave

Baqi

Pullman Zam Zam



MADINAH

Visiting the Rawdah:

Specific times for women to visit the Rawdah

A woman on her menses can present her Salam to Rasulullah (SAW) from outside of the Masjid.





NoorAl-Fajr

THANK YOU

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

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