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"A Wonderful Retreat"

Tigoni Study Centre is a conference centre located 25 kilometres from Nairobi. It hosts various activities including spiritual retreats and seminars.

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I'm recently back from my retreat in Tigoni Study Centre. And I'm so glad I went! I'm very grateful to my friend for really urging me to go; I didn't know what I was missing until I went there. I really got time to think about

my life, and I made resolutions to improve on study... I will also improve in my prayer life, and to do that, I'll be sure to frequent the centre more often!

Truly, a retreat is a time to think about one's life, and add a kilo or two while at it! The food was amazing! Now I believe I can become a saint in my ordinary life, and I will sanctify my study.

M.K

For more information about retreats
<https://www.tigonistudycentre.org/>