

opusdei.org

# Spiritual Retreats 2019

A list of Spiritual Retreat in East Africa in 2019

12/25/2018

A list of Spiritual Retreat in the following towns and conference centres.

2019 Retreats Brochure

## **Nairobi (Kenya)**

- **Tigoni Study Centre**
- **Tigoni House**
- **Kimlea Clinic**

- **Eastlands College**

## **Mombasa (Kenya)**

- **Jahazi**

## **Kampala (Uganda)**

- **Tusimba Study Centre:**
- **Tusimba House: Kampala (Uganda)**

## **Kisumu (Kenya)**

## **Nyeri- Thika (Kenya)**

## **Mumias (Kenya)**

## **Dar es Salam (Tanzania)**

## **Women**

- Women
- Young Women
- School Girls
- Hospitality Students
- University & College Students

## **Men**

- Spiritual Retreats for Men
- Retreat For Priests
- Seminar For Priests
- Seminar for Seminarians
- Spiritual Retreats for Young Men
- Spiritual Retreats for School boys

## **For women**

**Weekend: Thursday 7pm - Sunday 4pm**

**Weekday: Monday 10am -  
Wednesday 4pm**

**17-Jan to 20-Jan \* Tigoni Study  
Centre**

**28-Feb to 03-Mar Dar-es-Salaam**

**28-Mar to 31-Mar Tusimba Study  
Centre**

11-Apr to 14-Apr \*\*\* **Tigoni House**

20-May (Mon) to (Wed) 22-May \*  
**Tigoni Study Centre**

23-May to 26-May \*\* **Tigoni Study  
Centre**

27-Jun to 30-Jun \*\* **Tigoni Study  
Centre**

11-Jul to 14-Jul \* **Tigoni Study  
Centre**

25-Jul to 28-Jul **Tusimba Study  
Centre**

29-Jul (Mon) to (Wed) 31-Jul \*\* **Tigoni  
Study Centre**

05-Aug (Mon) to (Wed) 07-Aug \*  
**Tigoni Study Centre**

15-Aug to 18-Aug \*\*\* **Tigoni House**  
Kiswahili

29-Aug to 01-Sep \*\* **Tigoni Study  
Centre**

05-Sep to 08-Sep \* **Tigoni Study Centre**

30-Sep (Mon) to (Wed) 02-Oct \*\*  
**Tigoni Study Centre**

24-Oct to 27-Oct **Tusimba Study Centre**

31-Oct to 03-Nov \* **Tigoni Study Centre**

04-Nov (Mon) to (Wed) 06-Nov \*\*  
**Tigoni Study Centre**

07-Nov to 10-Nov \*\*\*\* **Jahazi**

14-Nov to 17-Nov \*\*\* **Tigoni House**

28-Nov to 01-Dec \*\* **Tigoni Study Centre**

05-Dec to 08-Dec \* **Tigoni Study Centre**

**Reservations:**

\* *Samara: +254 202406491*

*MPesa Paybill 890200 Kianda  
Foundation*

**\*\* Olokira:** +254 703034470/2

**\*\*\*Watani:** +254 572522743

**\*\*\*\* Jawabu:** +254 726895206 or +254  
720313841

*Tusimba Study Centre:* +256  
773781896 or +256 783488419

**For young women**

**Young Professionals**

**Weekend: Thursday 7pm - Sunday  
4pm**

21-Mar to 24-Mar \* **Tigoni House**

30-May to 02-Jun \* **Tigoni House**

08-Aug to 11-Aug \* **Tigoni House**

28-Nov to 01-Dec \* **Tigoni House**

05-Dec to 08-Dec **\*\* Tigoni House**

**Reservations:**

*\*Roshani +254 202712258*

*\*\*Watani: +254 572522743*

**School Girls**

**Weekend: Thursday 7pm - Sunday  
4pm**

**08-Apr(Mon) to(Wed) 10-Apr Tigoni  
House**

**05-Aug(Mon) to(Wed) 07-Aug Tigoni  
House**

**18-Nov(Mon) to(Wed) 20-Nov Tigoni  
House**

**Reservations:**

*Faida: +254 721243131 or +254  
738139999*

*MPesa Paybill 910196 Faida Centre*

## **Hospitality Students**

14-Mar to 17-Mar Tewa

15-Apr(Mon) to(Wed) 17-Apr **Tigoni House**

22-Apr(Mon) to(Wed) 24-Apr **Tigoni House**

13-Jun to 16-Jun Tewa

23-Sep(Mon) to(Wed) 25-Sep **Tigoni House**

02-Dec(Mon) to(Wed) 04-Dec **Tigoni House**

### **Reservations:**

*Kibondeni College +254 721201117*

## **University & College Students**

**Weekend: Thursday 7pm - Sunday 4pm**

17-Jan to 20-Jan **Tusimba House**

14-Feb to 17-Feb **\*\* Tigoni House**

07-Mar to 10-Mar **Tusimba House**

25-Apr to 28-Apr **\*\* Tigoni House**

01-Jun to 04-Jun **Tusimba House**

27-Jun to 30-Jun **\* Tigoni House**

29-Aug to 01-Sep **\*\* Tigoni House**

19-Sep to 22-Sep **Tusimba House**

10-Oct to 13-Oct **\*\* Tigoni House**

07-Nov to 10-Nov **\* Tigoni House**

### **Reservations:**

*\* Fanusi: +254 202694139*

*Mpesa Paybill 565240 Fanusi Centre*

*\*\* Keri: +254 703034480/1*

*\*\*\*Tusimba House: +256 701833144*

## **For men**

**Weekend: Thursday 7pm - Sunday  
4pm**

21-Feb to 24-Feb **Tigoni House**  
Kiswahili

21 Feb to **24-Feb Tusimba House**  
**Young professionals**

14-Mar to 17-Mar Bungoma

21-Mar to 24-Mar **Tusimba Study**  
**Centre**

28-Mar to 31-Mar **Tigoni Study**  
**Centre**

28-Mar to 31-Mar **Jahazi**

02-May to 05-May **Jahazi**

09-May to 12-May **Tusimba Study**  
**Centre**

09-May to 12-May **Jahazi**

06-Jun to 09-Jun **Tigoni Study Centre**

27-Jun to 30-Jun **Tusimba Study Centre**

18-Jul to 21-Jul Bungoma

25-Jul to 28-Jul **Tigoni Study Centre**

22-Aug to 25-Aug **Jahazi Young professionals**

19-Sep to 22-Sep **Tigoni Study Centre**

17-Oct to 20-Oct Bungoma

03-Oct to 06-Oct **Tusimba Study Centre**

24-Oct to 27-Oct **Tigoni Study Centre**

31-Oct to 03-Nov **Jahazi**

07-Nov to 10-Nov **Tusimba House Young professionals**

21-Nov to 24-Nov **Tigoni Study Centre**

**25-Nov(Mon) to(Wed) 27-Nov Tigoni  
Study Centre**

**Reservations:**

Spiritual Retreats in Tusimba: +256  
776611807

**Spiritual Retreat for Priests**

**Weekday: Monday 10am - Friday  
10am**

**04-Feb(Mon) to(Fri) 08-Feb Tusimba  
Study Centre**

**06-May(Mon) to(Fri) 10-May Tigoni  
Study Centre**

**27-Dec(Fri) to(Tu) 31-Dec Jahazi**

**Seminar for Priests**

**09-Sep(Mon) to(Fri) 13-Sep Jahazi**

## **Seminar for Seminarians**

06-May(Mon) to(Fri) 10-May **Tigoni House**

27-May(Mon) to(Fri) 31-May  
**Tusimba House**

### **Reservations:**

*Imara Educational Foundation*

+254 717381280

*M-Pesa Paybill no. 982600.*

Account Name: Retreat date-month

## **Young men**

**Spiritual Retreats for University Students & Young Professionals**

**Weekend: Thursday 7pm - Sunday 4pm**

10-Jan to 13-Jan **Tusimba House**

24-Jan to 27-Jan **Tigoni House**

07-Feb to 10-Feb **Tusimba House**

11-Feb to 13-Feb **Tigoni House**

14-Feb to 17-Feb Kisumu

21-Feb to 24-Feb **Jahazi**

14-Mar to 17-Mar **Tusimba House**

13-May to 15-May **Tigoni House**

06-Jun to 09-Jun **Tigoni House**

20-Jun to 23-Jun **Tigoni House**

08-Jul to 10-Jul **Tigoni House**

25-Jul to 28-Jul **Tigoni House**

22-Aug to 25-Aug **Tigoni House**

12-Sep to 15-Sep Kisumu

19-Sep to 22-Sep **Tigoni House**

19-Sep to 22-Sep **Jahazi**

03-Oct to 06-Oct **Tigoni House**

10-Oct to 13-Oct **Tusimba House**

17-Oct to 20-Oct **Tigoni House**

24-Oct to 27-Oct **Tigoni House**

31-Oct to 03-Nov **Tusimba House**

21-Nov to 24-Nov **Tigoni House**

21-Nov to 24-Nov **Jahazi**

28-Nov to 01-Dec Kisumu

**Reservations:**

+254795637755

*Spiritual Retreats in Tusimba: +256  
782763773*

**Spiritual Retreats for School  
boys**

15- April (Mon) to 17-April (Wed)  
Strathmore School\*\*\*\*

25-Apr (Thu) to 28-Apr (Sun)  
Strathmore School\*

29-Apr (Mon) to 01-May (Wed)  
Jahazi\*\*

02-Aug (Fri) to 04-Aug (Sun)  
Kisumu\*\*\*

16- Aug (Fri) to 18-Aug (Sun)  
Strathmore School\*\*\*\*

08- Nov (Fri) to 10-Nov (Sun)  
Strathmore School\*\*\*\*

25-Nov (Mon) to 27-Nov(Wed) Tigoni  
House\*

### **Reservations:**

\*Hodari +254 720 278 295

\*\*Nyali +254 720 388 255

\*\*\*Sango +254 721 413 604

\*\*\*\*Eastlands Centre +254 718 340  
800

.....

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/spiritual-retreats-2019/](https://opusdei.org/en-ke/article/spiritual-retreats-2019/)  
(03/27/2026)