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# **Spiritual Retreats 2020**

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

01/11/2020

## **Nairobi (Kenya)**

- **Tigoni Study Centre**
- **Tigoni House**
- **Strathmore School**

## **Mombasa (Kenya)**

- **Jahazi**

## **Kampala (Uganda)**

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

## **Kisumu (Kenya)**

## **Meru (Kenya)**

## **Bungoma (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**

**30-Jan to 2-Feb \*\* Tigoni Study  
Centre**

**20-Feb to 23-Feb \* Tigoni Study  
Centre**

**26-Mar to 29-Mar Tusimba House**

**30-Mar to 1-Apr \*Tigoni Study  
Centre**

**16-Apr to 19-Apr Kisumu**

**16-Apr to 19-Apr \*\*\* Tigoni House**

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

21-May to 24-May \* **Tigoni Study Centre**

8-Jun(Mon) to 10-Jun(Wed) \*\* **Tigoni Study Centre TSC**

9-Jul to 12-Jul \* **Tigoni Study Centre**

16-Jul to 19-Jul **Bungoma**

30-Jul to 2-Aug \*\* **Tigoni Study Centre**

3-Aug(Mon) to 5-Aug(Wed) \* **Tigoni Study Centre**

20-Aug to 23-Aug \*\*\* **Tigoni House Kiswahili**

27-Aug to 30-Aug **Meru**

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

22-Oct to 25-Oct \*\* **Tigoni Study Centre**

29-Oct to 1-Nov **Tusimba Study Centre**

29-Oct to 1-Nov \* **Tigoni Study Centre**

5-Nov to 8-Nov \*\*\*\* **Jahazi**

9-Nov(Mon) to 11-Nov(Wed) \*\*  
**Tigoni Study Centre**

19-Nov to 22-Nov **Nakuru**

12-Nov to 15-Nov \*\*\* **Tigoni House**

3-Dec to 6-Dec \*\* **Tigoni Study Centre**

7-Dec to 9-Dec(Wed) \* **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**

19-Mar to 22-Mar\* **Tigoni House**

4-Jun to 7-Jun \* **Tigoni House**

6-Aug to 9-Aug \* **Tigoni House**

19-Nov to 22-Nov\* **Tigoni House**

3-Dec to 6-Dec\*\* **Tigoni House**

**Reservations:**

*\*Roshani +254 202712258*

*\*\*Watani: +254 572522743*

**School Girls**

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

6-Apr(Mon) to 8-Apr(Wed) **Tigoni  
House**

3-Aug(Mon) to 5-Aug(Wed) **Tigoni  
House**

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

**Reservations:**

*Faida: +254 721243131 or +254  
738139999*

*MPesa Paybill 910196 Faida Centre*

## **Hospitality Students**

30-Mar to 1-Apr Tigoni House

20-Apr to 22-Apr Tigoni House

11-Sep to 13-Sep Tigoni House

28-Sep to 30-Sep Tigoni House

### **Reservations:**

*Kibondeni College +254 721201117*

## **University & College Students**

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

16-Jan to 19-Jan **Tusimba House**

6-Feb to 9-Feb **Eldoret**

13-Feb to 16-Feb **\*\* Tigoni House**

20-Feb to 22-Feb **Jahazi**

5-Mar to 8-Mar **Tusimba House**



30-Apr to 3-May **\*\* Tigoni House**

18-Jun to 21-Jun **\* Tigoni House**

6-Aug to 9-Aug **Kisumu**

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

11-Sep to 13-Sep **Jahazi**

8-Oct to 11-Oct **Tusimba House**

8-Oct to 11-Oct **\* Tigoni House**

5-Nov to 8-Nov **\*\* Tigoni House**

5-Nov to 8-Nov **Bungoma**

### **Reservations:**

*\* Fanusi: +254 202694139*

*Mpesa Paybill 565240 Fanusi Centre*

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

## **For men**

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

6-Feb to 9-Feb **Tigoni House**  
*Kiswahili*

20-Feb to 23-Feb **Tusimba Study  
Centre**

12-Mar to 15-Mar **Tigoni Study  
Centre**

19-Mar to 22-Mar **Bungoma**

26-Mar to 29-Mar **Jahazi**

2-Apr to 5-Apr **Tusimba Study  
Centre**

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

29-May to 1-Jun **Jahazi**

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

23-Jul to 26-Jul **Dar es Salaam**

23-Jul to 26-Jul **Tigoni Study Centre**

30-Jul to 2-Aug **Tusimba Study Centre**

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

15-Oct to 18-Oct **Bungoma**

17-Oct to 20-Oct **Jahazi**

22-Oct to 25-Oct **Tusimba House**  
*Young professionals*

26-Nov to 29-Nov **Tigoni Study Centre**

30-Nov(Mon) to 2-Dec(Wed) **Tigoni Study Centre**

10-Dec to 13-Dec **Tusimba Study Centre**

# **Spiritual Retreat for Priests**

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

**3-Feb to 7-Feb Tusimba Study  
Centre**

**4-May to 8-May Tigoni Study Centre**

**27-Dec to 31-Dec Jahazi**

## **Seminar for Priests**

**7-Sep to 11-Sep Jahazi**

## **Seminar for Seminarians**

**4-May to 8-May Tigoni House**

**25-May to 29-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**

9-Jan to 12-Jan **Tusimba House**

23-Jan to 26-Jan **Tigoni House**

30-Jan to 2-Feb **Mombasa**

6-Feb to 9-Feb **Tusimba House**

12-Feb to 16-Feb **Kisumu**

24-Feb to 26-Feb **Tigoni House**

27-Feb to 1-Mar **Tigoni House**

12-Mar to 15-Mar **Tusimba House**

11-Jun to 14-Jun **Tigoni House**

25-Jun to 28-Jun **Tigoni House**

6-Jul to 8-Jul **Tigoni House**

23-Jul to 26-Jul **Tigoni House**

13-Aug to 16-Aug **Tigoni House**

16-Sep to 20-Sep **Kisumu**

17-Sep to 20-Sep **Jahazi**

24-Sep to 27-Sep **Tigoni House**

1-Oct to 4-Oct **Tusimba House**

1-Oct to 4-Oct **Tigoni House Young Professionals\***

15-Oct to 18-Oct **Tigoni House**

19-Oct to 21-Oct **Tigoni House**

18-Nov to 22-Nov **Kisumu**

19-Nov to 22-Nov **Jahazi**

26-Nov to 29-Nov **Tigoni House**

## **Reservations:**

*Imara Educational Foundation+254  
717381280*

*M-Pesa Paybill no. 982600.*

*Account Name: Retreat date-month*

*\* Riverside Residence +254700480480*

## **Spiritual Retreats for School boys**

16-Apr to 19-Apr **Strathmore  
School\*\*\***

27-Apr to 29-Apr **Strathmore  
School\***

1-May to 3-May **\*\*Mombasa**

20-Aug to 23-Aug **Strathmore  
School\*\*\***

12-Nov to 15-Nov **Strathmore  
School\*\*\***

30-Nov to 2-Dec **Tigoni House\***

**Reservations:**

\*Hodari +254 720 278 295

\*\*Nyali +254 720 388 255

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

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(02/08/2026)