

# **Spiritual Retreats 2022**

The following spiritual retreats have been organised at the various venues listed below in 2022.

**01/27/2022**

## **Venues:**

### **Nairobi (Kenya)**

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

## **Mombasa (Kenya)**

- **Jahazi Conference Centre**
- **Nyali**

## **Kampala (Uganda)**

- **Tusimba Study Centre**
- **Tusimba House**

## **Kisumu (Kenya)**

## **Bungoma (Kenya)**

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

## **Moshi (Tanzania)**

## **Women**

- **Retreat for Women**
- **Retreat for Young Women**
- **Retreat for University & College Students**

## **Men**

- Retreats for Men
- Retreats for Young Men  
(young professionals)
- Retreats for University & College Students
- Retreats For Priests
- Seminar For Priests
- Seminar for Seminarians
- Spiritual Retreats for School boys

## **For women**

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

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

**31-Jan to 02-Feb \*\* Tigoni Study Centre**

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

03-Feb to 06-Feb \* **Tigoni Study Centre**

07-Mar to 09-Mar \* **Tigoni Study Centre**

17-Mar to 20-Mar **Tusimba Study Centre**

07-Apr to 10-Apr \* **Tigoni Study Centre**

14-Apr to 17-Apr \*\* **Tigoni Study Centre**

19-May to 22-May \*\* **Tigoni Study Centre**

02 June to 05 June \*\***Tigoni Study Centre**

23-Jun to 26-Jun **Tusimba House**

23-Jun to 26-Jun \*\*\* **Tigoni House**

23-Jun to 26-Jun \*\*\*\* **Jahazi**

**07-Jul to 10-Jul \* Tigoni Study Centre**

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

**08-Sep to 11-Sep \*\*\* Tigoni House Kiswahili**

**31-Aug to 03-Sep Tusimba Study Centre**

**06-Oct to 09-Oct Tusimba Study Centre**

**24-Oct to 26-Oct \*\* Tigoni Study Centre**

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

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

**17-Nov to 20-Nov \*\*\* Tigoni House Kiswahili**

**01-Dec to 04-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 and House:  
+256 773781896 or +256 783488419**

*For young women*

## **Young Professionals**

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

**02-Jun to 05-Jun \*Tigoni House**

**04-Aug to 07-Aug \*Tigoni House**

**01-Sep to 04-Sep \*Tigoni House**

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

**01-Dec to 04-Dec \*\*Tigoni House**

## **Reservations:**

**\*Roshani +254 202712258**

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

## **University & College Students**

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

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

**17-Feb to 20-Feb \*\*\*Jahazi**

**28-Apr to 01-May \* Tigoni House**

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

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

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

**20-Oct to 23-Oct \*\*\*Jahazi**

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

### **Reservations:**

**\* *Fanusi*: +254 202694139**

**Mpesa Paybill 565240 Fanusi Centre**

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

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

## ***For men***

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

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

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

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

**10-Mar to 13-Mar Bungoma**

**24-Mar to 27-Mar Nyali (Mombasa)**

**31-Mar to 03-Apr Tigoni Study Centre**

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

**30-May to 01-Jun Tigoni House Kiswahili**

**16-June to 19-June Nyali (Mombasa)**

**08-Jul to 10-Jul Moshi**

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

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

**22-Sep to 25-Sep Tigoni Study Centre**

**07-Oct to 10-Oct Tigoni House Kiswahili**

**13-Oct to 16-Oct Bungoma**

**20-Oct to 23-Oct Nyali (Mombasa)**

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

**10-Nov to 13-Nov Eldoret**

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

**28-Nov to 30-Nov Tigoni Study Centre**

# **For Young men**

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

## **Young Professionals**

**31-Mar to 03-Apr Tigoni House  
Young professionals**

**22-Sep to 25-Sep Strathmore  
Residence**

**20-Oct to 23-Oct Tigoni House Young  
professionals**

## **University & College Students**

**28-Jan 11:00AM to 30-Jan 5:00PM  
Nyali (Mombasa)**

**17-Feb to 20-Feb Sango (Kisumu)**

**24-Feb to 27-Feb Tusimba House**

**25-Feb to 27-Feb Strathmore  
Residence**

**24-Mar to 27-Mar Tusimba House**

**12-May to 15-May Tigoni House**

**13-May to 15-May Strathmore Residence**

**09-Jun to 12-Jun Tigoni House**

**28-Jul to 31-Jul Tigoni House**

**11-Aug to 14-Aug Tigoni House**

**15-Sep to 18-Sep Tusimba House**

**22-Sep to 25-Sep Tigoni House**

**29-Sep to 02-Oct Tigoni House**

**30-Sep 11:00AM to 02-Oct 5:00PM  
Nyali (Mombasa)**

**21-Oct to 23-Oct Strathmore Residence**

**24-Nov to 27-Nov Tigoni House**

**24-Nov to 27-Nov Dar es Salam**

25-Nov 11:00 AM to 27-Nov 5:00 PM  
**Nyali (Mombasa)**

## **Reservations:**

*Imara Educational Foundation* +254  
717381280

*M-Pesa Paybill no. 982600.*

*Account Name: Retreat date-month*

## **Spiritual Retreat for Priests**

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

**07-Feb to 11-Feb Tusimba Study Centre**

**02-May to 06-May Tigoni Study Centre**

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

## **Seminar for Priests**

**05-Sep to 9-Sep Jahazi**

# **Seminar for Seminarians**

**02-May to 06-May Tigoni House  
KENYA**

**23-May to 27-May Tusimba House  
UGANDA**

## **Reservations:**

*Imara Educational Foundation*

+254 717381280

M-Pesa Paybill no. 982600.

Account Name: Retreat date-month

## **Spiritual Retreats for School boys**

**28-Jan to 30-Jan \*Tigoni House**

**05-Feb to 06-Feb \*\*\*Eastlands  
College**

**29-Apr 11:00 AM to 01-May 5:00 PM  
\*\*Nyali (Mombasa)**

28-May to 29-May \*\*\***Eastlands College**

13-Aug to 14-Aug \*\*\***Eastlands College**

28-Nov to 30-Nov \***Tigoni House**

### **Reservations:**

\*Hodari +254 720 278 295

\*\*Nyali +254 720 388 255

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

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