

opusdei.org

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

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ke/article/spiritual-retreats-2022/](https://opusdei.org/en-ke/article/spiritual-retreats-2022/)
(02/07/2026)