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# **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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