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Spiritual Retreats 2023

The following spiritual retreats have been organised at the various venues listed below in 2023.

01/03/2023

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**

23-Jan to 25-Jan Tigoni Study Centre

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

02-Mar to 05-Mar **Tigoni Study Centre** **

10-Mar to 12-Mar **Eldoret**

20-Mar to 22-Mar **Tigoni Study Centre** *

13-Apr to 16-Apr **Tigoni House** ***

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

11-May to 14-May **Tigoni House** **

01-Jun to 04-Jun **Tigoni Study Centre**
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06-Jul to 09-Jul **Tusimba Study Centre**

20-Jul to 23-Jul **Tigoni Study Centre**
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03-Aug to 06-Aug **Tigoni Study Centre**

17-Aug.to 20-Aug **Tigoni House**
Kiswahili *******

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

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

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

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

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

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

26-Oct to 29-Oct **Tigoni House ***

02-Nov to 05-Nov **Tigoni Study**
Centre **

**16-Nov to 19-Nov Tigoni Study
Centre ***

09-Nov to 12-Nov Tigoni House ***

**23-Nov to 26-Nov Tusimba Study
Centre**

**30-Nov to 03-Dec Tigoni Study
Centre ****

**04-Dec to 06-Dec Tigoni Study
Centre ***

Reservations:

** Samara: +254 202406491*

MPesa Paybill 4087735 Kianda
Foundation

*** Olokira: +254 703034470/2*

MPesa Paybill: 324890 Account:
Retreat dates

**** 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

23-Mar to 25-Mar Tigoni Study Centre *

22-Jun to 25-Jun Tigoni Study Centre *

14-Sep to 17-Sep Tigoni House *

09-Nov to 12-Nov Tigoni House *

21-Sep to 24-Sep Dar es Salam

30-Nov to 03-Dec Tigoni House **

Reservations:

**Roshani +254 202712258*

****Watani: +254 572522743**

University & College Students

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

12-Jan to 15-Jan Tusimba House

10-Apr to 12-Apr Tigoni House *

24-Apr to 26-Apr Tigoni House *****

28-Apr to 01-May Tusimba House

08-Jun to 11-Jun Tusimba House

15-Jun to 18-Jun Tigoni House *

20-Jul to 23-Jul Tigoni House **

09-Oct to 12-Oct Tusimba House

12-Oct to 15-Oct **Tigoni House ***

16-Nov to 19-Nov **Tigoni House *******

07-Dec to 09-Dec Tigoni House **

Reservations:

* *Fanusi: +254 202694139*

Mpesa Paybill 565240 Fanusi Centre

** *Keri: +254 703034480/1*

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

**** *Watani: +254 572522743*

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

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

For Men

Weekend: Thursday 7pm - Sunday 4pm

23-Feb to 26-Feb Tigoni Study Centre

02-Mar to 05-Mar Nakuru

09-Mar to 12-Mar Tusimba Study Centre

16-Mar to 19-Mar Bungoma

27-Apr to 30-Apr Tigoni Study Centre

11-May to 14-May Tusimba Study Centre

05-May to 07-May Tigoni House Kiswahili

25-May to 28-May Tigoni Study Centre

08-Jun to 11-Jun Tigoni Study Centre

22-Jun to 25-Jun **Tusimba Study Centre**

27-Jul to 30-Jul **Tigoni Study Centre**

14-Sep to 17-Sep **Dar es Salam**

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

19-Oct to 22-Oct **Tigoni Centre**
Kiswahili

19-Oct to 22-Oct **Bungoma**

19-Oct to 22-Oct **Tusimba Study Centre**

09-Nov to 12-Nov **Jahazi**

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

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

For Young men

Weekend: Thursday 7pm - Sunday 4pm

Young Professionals

27-Apr to 30-Apr Tigoni House

05-Oct to 08-Oct Tigoni House

University & College Students

16-Feb to 19-Feb Tigoni House

**17-Feb to 19-Feb Strathmore
Residence**

23-Mar to 26-Mar Tusimba House

**23-Mar to 26-Mar Strathmore
Residence**

29-Jun to 02-Jul Tigoni House

**14-Jul to 16-Jul Strathmore
Residence**

27-Jul to 30-Jul Tigoni House

10-Aug to 13-Aug **Tigoni House**

14-Sep to 17-Sep **Tusimba House**

28-Sep to 01-Oct **Tigoni House**

13-Oct to 15-Oct **Strathmore
Residence**

10-Nov to 12-Nov **Strathmore
Residence**

23-Nov to 26-Nov **Tigoni House**

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**

**16-Jan to 20-Jan Tusimba Study
Centre**

**01-May to 05-May Tigoni Study
Centre**

27-Dec to 31-Dec Jahazi

Seminar for Priests

18-Sep to 22-Sep Jahazi

Seminar for Seminarians

**01-May to 05-May Tigoni House
KENYA**

**22-May to 26-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

18-Jan to 20-Jan **Tigoni House ***

23-Mar to 26-Mar **Eastlands College**

30-Jun to 02-Jul **Eastlands College**

13-Nov to 15-Nov **Tigoni House ***

Reservations:

*Hodari +254 720 278 295

**Nyali +254 720 388 255

***Eastlands Centre +254 718 340 800

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(06/16/2025)