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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**

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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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(07/26/2025)