

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 *

06-Jul to 09-Jul Tusimba Study Centre

20-Jul to 23-Jul Tigoni Study Centre *

03-Aug to 06-Aug Tigoni Study Centre

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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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(02/06/2026)