

opusdei.org

# Spiritual Retreats 2025

01/07/2025

## 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 26- **Tigoni Study Centre**  
Jan \*\*

27-Feb to 02- **Tigoni Study Centre**  
Mar \*\*

06-Mar to 09- **Tusimba Study**  
Mar **Centre**

07-Apr to 09-Apr **Tigoni House\*\*\***

10-Apr to 13-Apr **Eldoret**

24-Apr to 27-Apr **Tigoni Study Centre \***

01-May to 04-May **Tusimba Study Centre**

15-May to 18-May **Homabay**

29-May to 01-June **Tigoni Study Centre \***

30-May to 01-June **Meru**

02-June to 04-June **Tigoni Study Centre**  
**\*\***

19-June to 22-June **Tigoni House \*\*\***

03-July to 06-July **Tigoni Study Centre\***

10-July to 13 July **Tigoni Study Centre\*\***

31-July to 03-Aug **Tusimba Study Centre**

07-Aug to 10-Aug **Tigoni Study Centre\***

14-Aug to 17-Aug **Tigoni House\*\*\* in Kiswahili**

21-Aug to 24-  
Aug **Tigoni Study  
Centre\*\***

28-Aug to 31-  
Aug **Bungoma**

15-Sept to 17  
Sept **Tigoni House\***

20-Oct to 22  
Oct **Tigoni House\*\***

6-Nov to 09-  
Nov **Tigoni Study Centre\***

13-Nov to 16-  
Nov **Tigoni Study  
Centre\*\***

4-Dec to 07-  
Dec **Moshi**

4-Dec to 07-  
Dec **Tigoni Study Centre\***

4-Dec to 07-  
Dec **Tigoni House\*\*\***

### **Reservations:**

\* *Samara: +254 722703197*

MPesa Paybill 4087735 Kianda  
Foundation

\*\* *Olokira: +254 703034471 +254 722  
625468*

MPesa Paybill: 324890 *Account:*  
*Retreat dates*

\*\*\**Watani: +254 572522743*

\*\*\*\**Jawabu: +254 720313841*

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

*For young women*

**Young Professionals**

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

03-Apr to 06-Apr **Tigoni House\***

04-Sep to 07-Sep **Tigoni House\***

20-Nov to 23-Nov **Tigoni House\***

**Reservations:**

*\*Roshani 020 2712258, 0797 675 667*

Email: [roshanicentre@gmail.com](mailto:roshanicentre@gmail.com)

**University & College Students**

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

09-Jan to 12-Jan **Tusimba House**  
\*\*\*\*\*

22-May to 25-May **Dar (Tanzania)**

29-May to 01-June **Tusimba House**  
\*\*\*\*\*

17-July to 20-July **Tigoni House \*\*\*\***

07-Aug to 10-Sep **Tigoni House \*\***

11-Aug to 13-Aug **Kimlea\*\*\*\*\***

11-Sept to 14-Sept **Eldoret**

16-Oct to 19-Oct **Tigoni House** \*\*

16-Oct to 19-Oct **Tusimba House**  
\*\*\*\*\*

17-Nov to 19-  
Nov **Tigoni House**\*\*\*\*\*

20-Nov to 23-  
Nov **Kisumu**

### **Reservations:**

\* *Fanusi*: +254 202694139

Mpesa Paybill 565240 Fanusi Centre

\*\* *Keri*: +254 703034480/1

\*\*\* *Jawabu*: +254 720313841

\*\*\*\* *Watani*: +254 572522743

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

## **For Men**

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

13-Mar to 16-  
Mar **Bungoma**

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

27-Mar to 30-  
Mar **Tusimba Study  
Centre**

24-Apr to 27-  
Apr **Dar (Tanzania)**

01-May to 04-  
May **Tigoni Study Centre**

23-May to 25-  
May **Tigoni House In  
Kiswahili**

26-June to 29-  
June **Tigoni Study Centre**

17-July to 20-  
July **Tusimba Study  
Centre**

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

18-Sept to 21-  
Sept **Tusimba Study  
Centre**

25-Sept to 28-  
Sept **Dar (Tanzania)**

09-Oct to 12-Oct	<b>Tigoni House</b>
16-Oct to 19-Oct	<b>Bungoma</b>
23-Oct to 26-Oct	<b>Tigoni Study Centre</b>
23-Oct to 26-Oct	<b>Tusimba Study Centre</b>
06-Nov to 09-Nov	<b>Jahazi</b>
06-Nov to 09-Nov	<b>Eldoret</b>
27-Nov to 30-Nov	<b>Tigoni Study Centre</b>

01-Dec to 03-Dec **Tigoni Study Centre**

**For Young men**

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

**Young Professionals**

20-Feb to 23-Feb **Tigoni House**

17-Apr to 20-Apr **Riverside**

05-June to 08-June **Tigoni House**

25-Sept to 28-Sept **Tigoni House**

23-Oct to 26-Oct **Tigoni House**

**University & College Students**

30-Jan to 02-Feb **Tigoni House**

21-Feb to 23-Feb **Riverside**

13-Mar to 16-Mar **Tusimba House**

01-May to 4-May **Tigoni House**

06-June to 8-June **Riverside**

26-June to 29-June **Tigoni House**

28-Aug to 31-Aug **Tigoni House**

17-Oct to 20-Oct **Riverside**

27-Nov to 30-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**

05-May to 08- **Tusimba Study**  
May **Centre**

05-May to 09- **Tigoni Study**  
May **Centre**

27-Dec to 31- **Jahazi**  
Dec

## **Seminar for Priests**

15-Sep to 19-Sep **Jahazi**

## **Seminar for Seminarians**

05-May to 09- **Tigoni House**  
May **KENYA**

### **Reservations:**

*Imara Educational Foundation*

+254 717381280

M-Pesa Paybill no. 982600.

Account Name: Retreat date-month

### **Spiritual Retreats for School boys**

16-Jan to 19-Jan **Tusimba House**

14-Feb to 16-Feb **Kisumu**

11-Apr to 13-Apr **Eastlands** \*\*\*

14-Apr to 16-Apr **Riverside** \*

08-Aug to 10-Aug **Eastlands** \*\*\*

15-Aug to 17-Aug **Kisumu**

14-Nov to 16-Nov **Kisumu**

21-Nov to 23-Nov **Eastlands** \*\*\*

24-Nov to 26-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-2025/](https://opusdei.org/en-ke/article/spiritual-retreats-2025/)  
(03/21/2026)