

Spiritual Retreats 2026

01/07/2026

Women

- Retreat for 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

Retreats for Women

Weekend: Thursday 7pm - Sunday 4pm

Weekday: Monday 10am - Wednesday 4pm

Retreat Schedule

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya	22 Jan	25 Jan	

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya	26 Feb	1 Mar	
Tigoni Study Centre, Kenya	5 Mar	8 Mar	Young Professionals
Tusimba Study Centre, Uganda	9 Apr	12 Apr	
Eldoret, Kenya	9 Apr	12 Apr	
Tigoni House, Kenya	20 Apr	22 Apr	

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya	23 Apr	26 Apr	
Tusimba Study Centre, Uganda	30 Apr	3 May	
Homabay, Kenya	14 May	17 May	
Tigoni Study Centre, Kenya	28 May	31 May	
Meru, Kenya	29 May	31 May	
Tigoni Study	1 Jun	3 Jun	

Location	Starts	Ends	Notes
Centre, Kenya			
Tigoni House, Kenya	18 Jun	21 Jun	Young Professionals
Tigoni House, Kenya	25 Jun	28 Jun	
Tigoni Study Centre, Kenya		2 Jul	5 Jul
Tigoni Study Centre, Kenya	9 Jul		12 Jul
Tusimba Study	30 Jul	2 Aug	

Location	Starts	Ends	Notes
Centre, Uganda			
Tigoni Study Centre, Kenya	6 Aug	9 Aug	
Tigoni House, Kenya	13 Aug	16 Aug	
Tigoni Study Centre, Kenya	20 Aug	23 Aug	
Tigoni House, Kenya	20 Aug	23 Aug	Kiswahili
Bungoma, Kenya	27 Aug	30 Aug	

Location	Starts	Ends	Notes
Tigoni House, Kenya	3 Sep	6 Sep	Young Professionals
Tigoni House, Kenya	14 Sep	16 Sep	
Tusimba Study Centre, Uganda	24 Sep	27 Sep	
Tusimba Study Centre, Uganda	1 Oct	4 Oct	
Tigoni House, Kenya	19 Oct	21 Oct	
		5 Nov	

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya		8 Nov	
Tigoni Study Centre, Kenya	12 Nov	15 Nov	
Tigoni House, Kenya	19 Nov	22 Nov	Young Professionals
Tusimba Study Centre, Uganda	26 Nov	29 Nov	
Tigoni Study Centre, Kenya	3 Dec	6 Dec	

Location	Starts	Ends	Notes
Tigoni House, Kenya	3 Dec	6 Dec	
Moshi, Tanzania	3 Dec	6 Dec	

Reservations

Kenya & Tanzania

Kianda Foundation - Olokira:
+254 (0) 792 030 615

Mpesa Paybill No.: 324890

Account Name: Retreat date-
month

Uganda

Tusimba Study Centre: +256
(0) 760 016 166

Retreats for University & College Students (Women)

Dates	Location	Notes
08-Jan to 11-Jan	Tusimba Study Centre	*****
12-Feb to 15- Feb	Tewa	***
21-May to 24- May	Dar es Salaam	
	Tusimba Study Centre	*****

Dates	Location	Notes
21-May to 24- May		
16-Jul to 19-Jul	Tigoni House	*
06-Aug to 09- Aug	Tigoni House	**
10-Aug to 12- Aug	Kimlea	****
06-Aug to 09- Aug	Mombasa	***
10-Sep to 13-Sep	Eldoret	

Dates	Location	Notes
15-Oct to 18-Oct	Tigoni House	**
16-Nov to 18- Nov	Tigoni House	***
19-Nov to 22- Nov	Kisumu	

Reservations:

* Fanusi: +254 202694139 Mpesa
Paybill 565240 Fanusi Centre

** Keri: +254 703034480/1

*** Jawabu: +254 720313841

**** Faida/Watani: +254
572522743

***** Teemba: +256 773781896
or +256 783488419

Retreats for Men

Weekend: Thursday 7pm -
Sunday 4pm

Dates	Location	Notes
12-Mar to 15- Mar	Bungoma	
19-Mar to 22- Mar	Jahazi	
26-Mar to 29- Mar	Tusimba Study Centre	

Dates	Location	Notes
26-Mar to 29- Mar	Tigoni Study Centre	
23-Apr to 26- Apr	Dar es Salaam	
30-Apr to 03- May	Tigoni Study Centre	
22-May to 24- May	Tigoni House	Kiswahili
04-Jun to 07- Jun	Tigoni Study Centre	
23-Jul to 26- Jul	Tigoni Study Centre	

Dates	Location	Notes
16-Jul to 19- Jul	Tusimba Study Centre	
17-Sep to 20- Sep	Tusimba Study Centre	
17-Sep to 20- Sep	Tigoni Study Centre	
24-Sep to 27- Sep	Dar es Salaam	
08-Oct to 11- Oct	Tigoni House	Kiswahili
15-Oct to 18- Oct	Bungoma	

Dates	Location	Notes
22-Oct to 25- Oct	Tusimba Study Centre	
22-Oct to 25- Oct	Tigoni Study Centre	
05-Nov to 08- Nov	Eldoret	
05-Nov to 08- Nov	Jahazi	
26-Nov to 29- Nov	Tigoni Study Centre	
30-Nov to 02- Dec	Tigoni Study Centre	

Retreats for Young Men (Young Professionals)

Dates	Location
19-Feb to 22-Feb	Tigoni House
02-Apr to 05-Apr	Riverside
16-Apr to 19-Apr	Riverside
24-Sep to 27-Sep	Tigoni House
22-Oct to 25-Oct	Tigoni House

Retreats for University & College Students (Men)

Dates	Location
27-Jan to 30-Jan	Tusimba Study Centre

Dates	Location
29-Jan to 01-Feb	Tigoni House
20-Feb to 22-Feb	Riverside
16-Apr to 19-Apr	Tusimba Study Centre
30-Apr to 03-May	Tigoni House
04-Jun to 07-Jun	Tigoni House
11-Jun to 14-Jun	Tigoni House
12-Jun to 14-Jun	Riverside
27-Aug to 30-Aug	Tigoni House

Dates	Location
17-Sep to 20-Sep	Tigoni House
18-Oct to 20-Oct	Riverside
29-Oct to 01-Nov	Tusimba Study Centre
26-Nov to 29-Nov	Tigoni House

Reservations:

Imara Educational Foundation:
+254 717381280

M-Pesa Paybill no. 982600

Account Name: Retreat date-month

Spiritual Retreats for Priests

Weekday: Monday 10am -
Friday 10am

Dates	Location
11-May to 15-May	Tusimba Study Centre
04-May to 08-May	Tigoni Study Centre and Tigoni House
27-Dec to 31-Dec	Jahazi

Seminar for Priests

Dates	Location
14-Sep to 18-Sep	Jahazi

Seminar for Seminarians

Dates

04-May to 08-May

Location

Tigoni House
KENYA

Reservations:

Imara Educational Foundation:
+254 717381280

M-Pesa Paybill no. 982600

Account Name: Retreat date-month

Spiritual Retreats for School Boys

Dates	Location
23-Jan to 26-Jan	Tusimba Study Centre
13-Feb to 15-Feb	Kisumu**
10-Apr to 12-Apr	Eastlands***
13-Apr to 15-Apr	Riverside*
07-Aug to 09-Aug	Eastlands***
14-Aug to 16-Aug	Kisumu**
13-Nov to 15-Nov	Kisumu**

Dates

Location

20-Nov to
22-Nov

Eastlands***

23-Nov to
25-Nov

Tigoni House*

Reservations:

* Hodari: +254 720 278 295

** Sango: +254 721 413 604

*** Eastlands Centre: +254 718
340 800