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Spiritual Retreats 2026

01/07/2026

Women

- Retreat for Women
- Retreat for University & College Students
- Retreat for High School 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

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 YP	5 Mar	8 Mar	—
Tusimba Study Centre, Uganda	2 Apr	5 Apr	—
Eldoret, Kenya	9 Apr	12 Apr	—
Tigoni House, Kenya	20 Apr	22 Apr	Begins at 10 AM
			—

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya	23 Apr	26 Apr	
Homabay, Kenya	14 May	17 May	—
Tewa Annex, Mba Kenya Kiswahili	28 May	31 May	—
Tigoni Study Centre, Kenya	28 May	31 May	—
Meru, Kenya	29 May	31 May	Begins at 10 AM
	1 Jun	3 Jun	

Location	Starts	Ends	Notes
Tigoni Study Centre, Kenya			Begins at 10 AM
Tigoni House, Kenya YP	18 Jun	21 Jun	—
Tigoni House, Kenya	25 Jun	28 Jun	—
Tigoni Study Centre, Kenya	2 Jul	5 Jul	—
Tigoni Study Centre, Kenya	9 Jul	12 Jul	—
	30 Jul		—

Location	Starts	Ends	Notes
Tusimba Study Centre, Uganda		2 Aug	
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 Kiswahili	20 Aug	23 Aug	—

Location	Starts	Ends	Notes
Tigoni House, Kenya YP	3 Sep	6 Sep	—
Tigoni House, Kenya	14 Sep	16 Sep	Begins at 10 AM
Tusimba Study Centre, Uganda	24 Sep	27 Sep	—
Tigoni House, Kenya	19 Oct	21 Oct	Begins at 10 AM
Dar, Tanzania	22 Oct	25 Oct	—
Tigoni Study	5 Nov	8 Nov	—

Location	Starts	Ends	Notes
Centre, Kenya			
Jahazi, Mombasa Kenya	12 Nov	15 Nov	—
Tigoni Study Centre, Kenya	12 Nov	15 Nov	—
Tigoni House, Kenya	16 Nov	18 Nov	Begins at 10 AM
Tigoni House, Kenya YP	19 Nov	22 Nov	—

Location	Starts	Ends	Notes
Tusimba Study Centre, Uganda	26 Nov	29 Nov	—
Tigoni Study Centre, Kenya	3 Dec	6 Dec	—
Tigoni House, Kenya	3 Dec	6 Dec	—
Moshi, Tanzania	3 Dec	6 Dec	—

Reservations

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

M-Pesa 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	*****

Dates	Location	Notes
12-Feb to 15- Feb	Tewa	***
21-May to 24- May	Dar es Salaam	
21-May to 24- May	Tusimba Study Centre	*****
16-Jul to 19- Jul	Tigoni House	*
06-Aug to 09- Aug	Tigoni House	**
10-Aug to 12- Aug	Kimlea	*****

Dates	Location	Notes
06-Aug to 09- Aug	Mombasa	***
10-Sep to 13- Sep	Eldoret	
15-Oct to 18- Oct	Tigoni House (Begins at 10 AM)	**
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 High School Students (Girls)

Dates	Location	Notes
17-Apr to 19- Apr	Tigoni House	Arrival 8 AM
7-Aug to 09-Aug	Tigoni House	Arrival 8 AM

Dates	Location	Notes
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04-Dec
to 06-
Dec

TBC

Arrival
8 AM

Reservations:

Faida Girls Club: +254(0)721 243
131 Mpesa Paybill No.: 4082197

Retreats for Men

Weekend: Thursday 7pm -
Sunday 4pm

Dates	Location	Notes
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Bungoma

Dates	Location	Notes
12-Mar to 15- Mar		
19-Mar to 22- Mar	Jahazi	
26-Mar to 29- Mar	Tusimba Study Centre	
26-Mar to 29- Mar	Tigoni Study Centre	
23-Apr to 26- Apr	Dar es Salaam	
30-Apr to 03- May	Tigoni Study Centre	

Dates	Location	Notes
22-May to 24- May	Tigoni House	Kiswahili
04-Jun to 07- Jun	Tigoni Study Centre	
23-Jul to 26- Jul	Tigoni Study Centre	
16-Jul to 19- Jul	Tusimba Study Centre	
17-Sep to 20- Sep	Tusimba Study Centre	
17-Sep to 20- Sep	Tigoni Study Centre	

Dates	Location	Notes
24-Sep to 27- Sep	Dar es Salaam	
08-Oct to 11- Oct	Tigoni House	Kiswahili
15-Oct to 18- Oct	Bungoma	
22-Oct to 25- Oct	Tusimba Study Centre	
22-Oct to 25- Oct	Tigoni Study Centre	
05-Nov to 08- Nov	Eldoret	

Dates	Location	Notes
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

Dates**Location**

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-
JanTusimba Study
Centre29-Jan to 01-
Feb

Tigoni House

20-Feb to 22-
Feb

Riverside

Dates**Location**

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

17-Sep to 20-
Sep

Tigoni House

18-Oct to 20-
Oct

Riverside

Dates

Location

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 Seminararians

Dates

Location

04-May to 08-
May

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