

STOICISM AND THE ART OF LIVING: IMPERMANENCE, LOSS AND DEATH

[DAY COURSE]

Date

Saturday 25th March 2023
11am until 4pm

Venue

Bristol Folk House
40a Park St
Bristol
BS1 5JG

Fee

Full fee £42.50 | Over 65s £38.25 | Benefit £34

Level

Beginners to Intermediate

Description

The Stoics accepted that death, our own and that of others, was an inevitable part of life. Their acceptance of death is rooted in their world view that change and transformation are desirable and necessary. This course we will explore the Stoic techniques for understanding death, such as Marcus Aurelius' notion of a 'cosmic perspective', seeing things as they truly are, and learning to face our own departure from life with equanimity.

Outline

11am - 12.15pm	Introduction, Change and Transformation
12.15pm - 1.15pm	Lunch break
1.15pm - 2.30pm	A Cosmic Perspective
2.30pm - 2.40pm	Break
2.40pm - 4pm	The Fear of Death and Conclusion

Suggested Reading

Letters from a Stoic by Seneca & *Meditations* by Marcus Aurelius

Booking

To book a place on this course, please ring the Bristol Folk House on 0117 926 2987, or go to the following link bristolfolkhouse.co.uk/courses/stoicism-and-the-art-of-living-impermanence-loss-and-death and click on 'Check Availability', then 'Book Now'.

darrenharper.net