

# STOICISM AND THE ART OF LIVING: GOOD, BAD AND INDIFFERENT

[HALF DAY COURSE]

**Date**

Friday 12th August 2022  
1pm until 4pm

**Venue**

Morpeth Methodist Church  
Howard Terrace  
Morpeth  
NE61 1HU

**Fee**

£22

**Level**

Beginners to Intermediate

**Description**

In this course we will acquaint ourselves with Zeno; the first Stoic, explore what is 'good', asking such questions as: What has value? What is the best way to live? and What should we do to flourish? We will then explore the Stoic 'virtues' before contemplating the Stoic concept of 'indifferents'.

**Outline**

1pm - 2.25pm Introduction and What is Good?  
2.25pm - 2.35pm *Break*  
2.35pm - 4pm The Indifferents and the Virtues

**Suggested Reading**

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

**Booking**

To book a place on this course please email [darrenharper.esq@gmail.com](mailto:darrenharper.esq@gmail.com)

darrenharper.net