

STOICISM AND THE ART OF LIVING: THE WAY OF THE STOIC

[FOUR DAY RETREAT]

Date

27 - 30 November 2022
Starts Sunday at 6.30pm
Ends Wednesday at 1.30pm

Venue

Earth Spirit Centre,
Compton Dundon,
Somerset,
TA11 6PE

Fee

£359 residential [single] | £315 residential [shared] | £246 non-residential
N.B. *En-suite* supplement of £7 pppn.

Level

Beginners to Intermediate

Description

This retreat will lay the foundations of Stoicism as a guide to life by focusing on the basic tenets of Stoic practice. Using lectures, discussion and meditation, we will explore the Stoic concepts of 'Living in agreement with nature,' the three lived disciplines, the 'Nature of the good' and 'indifferents,' to see how these might help us to achieve Happiness (*Eudaemonia*).

Outline

Day One	Introduction and 'The Way of the Stoic'
Day Two	What is Stoicism? Socrates and Self-Mastery Living in Agreement with Nature Does Human Nature have a goal? The Three Lived Disciplines Evening reflection and journaling
Day Three	The Nature of the Good Practical Wisdom and the Four Cardinal Virtues Stoic Indifferents The Stoic Consolation Letter Evening reflection and journaling
Day Four	The Promise of Philosophy and the 'Choice of Hercules' Stoicism and the Art of Happiness (<i>Eudaimonia</i>) The Passions and Conclusion Conclusion

Suggested Reading

Lessons in Stoicism: What Ancient Philosophers Teach Us About How To Live by John Sellars

Booking

To book a place on this retreat please email darrenharper.esq@gmail.com

darrenharper.net