

STOICISM AND THE ART OF LIVING: LIVE SIMPLY & ACCORDING TO NATURE

[THREE WEEK COURSE]

Dates

14th & 21st November and 5th December 2022

Mondays 7pm until 8.30pm GMT [19:00 until 20:30 UTC]

N.B. No class 28th November

Venue

On-line / Zoom

Fee

26 GBP | 30 EUR | 29 USD | 40 CAD

Level

Beginners to Intermediate

Description

In this course we will acquaint ourselves with the Cynics, and consider some important distinctions between the Cynic and the Stoic ways of life. We will then explore what the Stoics mean by 'simple living', as well as how we can use the gift of reason to 'live according to nature'.

Outline

Week One Introduction and the Cynics

Week Two Live Simply

Week Three Live According to Nature

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

darrenharper.net