

# STOICISM AND THE ART OF LIVING

[TWO DAY COURSE]

## Dates

Wednesday 1st March 2023 & Wednesday 8th March 2023. 10am until 3pm

## Venue

The Guildford Institute, Ward Street, Guildford, Surrey, GU1 4LH

## Fees

Full fee £74 | Concessions £68 | GI Members £61.50

## Level

Beginners to Intermediate

## Description

In this practical philosophy course, we will acquaint ourselves with the Stoic teachers Zeno and Epictetus. Firstly, we will explore what is 'good', the Stoic 'virtues' and the Stoic concept of 'indifferents'.

Secondly, we will explore what is within and what is beyond our control, and consider whether we can control the actions of others. Lastly, we will contemplate whether awareness of the limits of control can help us attain serenity.

## Day One Outline

10am - 11.10am	Introduction and What is Good?
11.10am - 11.20am	<i>Break</i>
11.20am - 12.30pm	The Indifferents and the Virtues
12.30pm - 1.30pm	<i>Lunch break</i>
1.30pm - 2.40pm	Marcus Aurelius on Misfortune

## Day Two Outline

10am - 11.10am	Introduction and Epictetus
11.10am - 11.20am	<i>Break</i>
11.20am - 12.30pm	What is 'In Our Power'
12.30pm - 1.30pm	<i>Lunch break</i>
1.30pm - 2.40pm	Acting 'With Reservation' 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 Guildford Institute on 01483 562142, or go to the following link [guildford-institute.org.uk/event/stoicism-and-the-art-of-living-gi-22-131-face-to-face](https://guildford-institute.org.uk/event/stoicism-and-the-art-of-living-gi-22-131-face-to-face)

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