

STOICISM AND THE ART OF LIVING: LIVING IN SOCIETY

[DAY COURSE]

Date

Saturday 30th April 2022
10.30am until 2.45pm

Venue

Dilston Physic Garden
Corbridge
Northumberland
NE45 5QZ

Fee

£34

Level

Beginners to Intermediate

Description

In the Stoic's search for serenity, they did not choose to isolate themselves on a distant mountain top, but rather to embrace the challenges of urban life as a way to achieve their goal. This course we will consider the Stoic account of why people act as they do, explore how we can accept and work with other people who's views and goals may differ from our own, whilst at the same time maintaining our equanimity.

Outline

10.30am - 11.40am	Introduction
11.40am - 11.50am	<i>Break</i>
11.50am - 1pm	Accepting the Actions of Others
1pm - 1.30pm	<i>Lunch break</i>
1.30pm - 2.45pm	The Equanimity of the Wise Person

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