

STOICISM AND THE ART OF LIVING: WHAT IS IN OUR POWER

[DAY COURSE]

Date

Sunday 12th June 2022
11am until 4pm

Venue

Bristol Folk House
40a Park St
Bristol
BS1 5JG

Fees

Full fee £55.00 | Over 65s: £49.50 | Benefit: £44.00

Level

Beginners to Intermediate

Description

In this course we will acquaint ourselves with Epictetus; the Stoic teacher and former slave, explore what is within our control and what is beyond our control, and consider whether or not we can control the actions of others. Lastly, we will contemplate whether awareness of the limits of control can help us attain serenity.

Outline

11am - 12.15am	Introduction and Epictetus
12.15am - 1.15pm	Lunch break
1.15pm - 2.30pm	What is 'In Our Power'
2.30pm - 2.40pm	Break
2.40pm - 4pm	Acting 'With Reservation'

Reading

The following books will be provided as part of the course fee:
Letters from a Stoic by Seneca & *Meditations* by Marcus Aurelius

Booking

To book a place on this course, please ring the Bristol Folk House on 0117 926 2987, or go to the following link bristolfolkhouse.co.uk/courses/stoicism-and-the-art-of-living-what-is-in-our-power and click on 'Check Availability', then 'Book Now'.