

# STOICISM AND THE ART OF LIVING: THE DISCIPLINE OF ACTION

[FOUR DAY COURSE]

## Dates

21st - 24th August 2023  
Starts Monday at 6.30pm.  
Ends Thursday at 1.30pm.

## Venue

Higham Hall  
Bassenthwaite Lake  
Cockermouth  
Cumbria  
CA13 9SH

## Fees

£365 residential | £255 non-residential

## Level

Beginners to Intermediate

## Description

This course will further enhance our understanding of Stoicism as a guide to life by focusing on the second of the three stoic disciplines, the Discipline of Action. Using lectures, discussion and meditation, we will test such Stoic tools as the 'reserve clause' and the 'premeditation of adversity' as we explore the concept of Stoic philanthropy.

## Outline

### Day One

Introduction

### Day Two

What is the Discipline of Action? and the 'Reserve Clause'  
Guided Meditation and Discussion: 'Acting with the Reserve Clause'  
Contemplation period  
Action for the Common Welfare of Humankind, Zeno and the Ideal Stoic Republic  
Guided Meditation and Discussion: 'The Ideal Stoic Republic'  
Evening reflection and journaling

### Day Three

Anticipating 'Misfortune'  
Guided Meditation and Discussion: 'Premeditation of Adversity'  
Contemplation period  
Habituation and Decatastrophising  
Evening reflection and journaling

### Day Four

Guided Meditation and Discussion: 'Premeditation of External Events'  
Reversing 'Hedonic Adaptation' and Conclusion

## Suggested Reading

*How to be a Stoic: Ancient Wisdom for Modern Living* by Massimo Pigliucci

## Booking

To book a place on this course, please ring Higham Hall on 017687 76276, or email [admin@highamhall.com](mailto:admin@highamhall.com)

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