

# STOICISM AND THE ART OF LIVING: THE WAY OF THE STOIC

[FOUR DAY RETREAT]

## Date

9 - 12 February 2023  
Starts Thursday at 6.30pm  
Ends Sunday at 2pm

## Venue

Minsteracres Retreat Centre,  
Nr Consett,  
County Durham,  
DH8 9RT

## Fee

£305 residential | £176 non-residential

## Level

Beginners to Intermediate

## Description

This retreat will lay the foundations of Stoicism as a guide to life by focusing on the basic tenets of Stoic practice. Using lectures, discussion and meditation, we will explore the Stoic concepts of 'Living in agreement with nature,' the three lived disciplines, the 'Nature of the good' and 'indifferents,' to see how these might help us to achieve Happiness (*Eudaemonia*).

## Outline

<b>Day One</b>	Introduction and 'The Way of the Stoic'
<b>Day Two</b>	What is Stoicism? Socrates and Self-Mastery Living in Agreement with Nature Does Human Nature have a goal? The Three Lived Disciplines Evening reflection and journalling
<b>Day Three</b>	The Nature of the Good Practical Wisdom and the Four Cardinal Virtues Stoic Indifferents The Stoic Consolation Letter Evening reflection and journalling
<b>Day Four</b>	The Promise of Philosophy and the 'Choice of Hercules' Stoicism and the Art of Happiness ( <i>Eudaimonia</i> ) The Passions and Conclusion Conclusion

## Suggested Reading

*Lessons in Stoicism: What Ancient Philosophers Teach Us About How To Live* by John Sellars

## Booking

To book a place on this course, please go to [minsteracres.org/product/stoicism-and-the-art-of-living-the-way-of-the-stoic/](https://minsteracres.org/product/stoicism-and-the-art-of-living-the-way-of-the-stoic/) and complete the on-line 'Booking Details' form.

darrenharper.net