

STOICISM AND THE ART OF LIVING: TASTER DAY

[DAY COURSE]

Date

Monday 24th October 2022
10.30am until 4pm

Venue

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

Fee

£30

Level

Beginners to Intermediate

Description

Stoicism is often misunderstood as languishing through life without complaint. In this taster day we will see how thinkers such as Seneca, Epictetus and Marcus Aurelius confronted one of the key questions of the ancient world: 'How should we live?' and supplied us with pragmatic ways in which to flourish. This day course will be followed by a series of 'Stoicism and the Art of Living' retreats.

Outline

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| 10.30am - 11.30am | Introduction and What is Stoicism? Serenity, happiness and the 'Good Life' |
| 11.30am - 11.45am | <i>Break</i> |
| 11.45am - 1pm | Epictetus and the 'Dichotomy of Control' |
| 1pm - 2pm | <i>Lunch</i> |
| 2pm - 3pm | Marcus Aurelius and the 'Premeditation of Future Adversity' |
| 3pm - 3.15pm | <i>Break</i> |
| 3.15pm - 4pm | Conclusion |

Suggested Reading

Letters from a Stoic by Seneca & *Meditations* by Marcus Aurelius

Booking

To book a place on this course, please go to minsteracres.org/product/stoicism-and-the-art-of-living-taster-day/ and complete the on-line 'Booking Details' form.

darrenharper.net