

STOICISM AND THE ART OF LIVING: THE DISCIPLINE OF DESIRE

[FOUR DAY COURSE]

Dates

14 - 17 February 2023
Starts Tuesday at 6.30pm.
Ends Friday at 1.30pm.

Venue

Higham Hall
Bassenthwaite Lake
Cockermouth
Cumbria
CA13 9SH

Fees

£346 residential | £244 non-residential

Level

Beginners to Intermediate

Description

This course will increase our understanding of Stoicism as a guide to life by focusing on the first of the three stoic disciplines, the Discipline of Desire. Using lectures, discussion and meditation, we will explore the Stoic framework of fate and free will, their attitude of joyful acceptance, their approach to love and friendship, as well as their ideal of the Sage.

Outline

- Day One** Introduction and 'The Discipline of Desire'
- Day Two** What is the Discipline of Desire?
Zeno's Shipwreck
Free Will and Determinism
Contemplating the 'Here and Now'
Amor Fati and Joyful Acceptance
Evening reflection and journalling
- Day Three** Stoicism and the Philosophy of Love
'Natural Affection'
Stoic Philanthropy and 'Affinity' for Others
How Does a Stoic Love?
Evening reflection and journalling
- Day Four** Why is the Sage important to Stoicism?
How to Contemplate the Sage
The Seeds of Wisdom in Everyone and Conclusion

Essential Reading

A Guide to the Good Life: The Ancient Art of Stoic Joy by William B. Irvine and *The Apology* by Plato

Booking

To book a place on this course, please ring Higham Hall on 017687 76276, or email admin@highamhall.com