

STOICISM AND THE ART OF LIVING: THE DISCIPLINE OF DESIRE

[TWO DAY COURSE]

Dates

Thursday 1st & Friday 2nd June 2023
10am until 4pm, both days

Venue

Corbridge Parish Hall
St Helen's Street
Corbridge
Northumberland
NE45 5BE

Fee

£72 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'
Free Will and Determinism
Amor Fati and Joyful Acceptance

Day Two

Stoic Philanthropy and 'Affinity' for Others
Why is the Sage important to Stoicism? and How to Contemplate the Sage
The Seeds of Wisdom in Everyone and Conclusion

Suggested 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 email darrenharper.esq@gmail.com

darrenharper.net