

STOICISM AND THE ART OF LIVING: IMPERMANENCE, LOSS & DEATH

[THREE WEEK COURSE]

Dates

5th, 19th & 26th June 2023

Mondays, 7.30pm until 9pm GMT [18:30 until 20:00 UTC]

[**N.B.** No class 12th June]

Venue

On-line / Zoom

Fee

26 GBP | 30 EUR | 32 USD | 43 CAD

Level

Beginners to Intermediate

Description

The Stoics accepted that death, our own and that of others, was an inevitable part of life. Their acceptance of death is rooted in their world view that change and transformation are desirable and necessary. This course we will explore the Stoic techniques for understanding death, such as Marcus Aurelius' notion of a 'cosmic perspective', seeing things as they truly are, and learning to face our own departure from life with equanimity.

Outline

Week One Introduction, Change and Transformation

Week Two A Cosmic Perspective

Week Three The Fear of Death and Conclusion

Suggested Reading

Letters from a Stoic by Seneca (translated by Robin Campbell) & *Meditations* by Marcus Aurelius (translated by Martin Hammond)

Booking

To book a place on this course, please email darrenharper.esq@gmail.com

darrenharper.net