

STOICISM AND THE ART OF LIVING: WHAT IS IN OUR POWER

[THREE WEEK COURSE]

Dates

10th, 17th & 31st October 2022

Mondays 7pm until 8.30pm BST [18:00 until 19:30 UTC]

N.B. No class 24th October

Venue

On-line / Zoom

Fee

26 GBP | 30 EUR | 31 USD | 41 CAD

Level

Beginners to Intermediate

Description

In this course we will acquaint ourselves with Epictetus; the Stoic teacher and former slave, explore what is within our control and what is beyond our control, and consider whether or not we can control the actions of others. Lastly, we will contemplate whether awareness of the limits of control can help us attain serenity.

Outline

Week One Introduction and Epictetus

Week Two What is 'In Our Power'

Week Three Acting 'With Reservation'

Suggested Reading

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

Booking

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

darrenharper.net