

free

Lunchtime Escapes

JOIN US AT 1 PM

TALKS

on TUESDAYS at 1.00pm - 1.45pm

- 2 Oct Waiting not Wanting
- 9 Oct Meet an Evacuee
- 16 Oct Where's the Promoter?
- 23 Oct Living a Philosophic Life
- 30 Oct - **NO TALK** -
- 6 Nov Chartres Cathedral
- 13 Nov Reflections on Romeo and Juliet
- 20 Nov Ayurveda
- 27 Nov Reflections on Portraiture
- 4 Dec The Ethics of Artificial Intelligence

STILLNESS & MEDITATION

on WEDNESDAYS at 1.00pm - 1.45pm

In our busy environment, constant activity without the chance of repose drains your resources physically and mentally.

To be inwardly still through the practice of meditation corrects the imbalance, relieves tensions and restores equilibrium. If you meditate or would like to experience stillness come and join a practice of meditation.

We will introduce the practice, have a quiet time together, and there will be the opportunity to ask any questions.

Take a moment of repose and restore your vital energy.

Details are set out overleaf

**Every Wednesday from
3 Oct to 5 Dec, excluding 31 Oct**



Charity numbers
313115 and SC039950

Tel: 020 7034 4000

School of Economic Science 11 Mandeville Place, London W1U 3AJ.

TUESDAYS AT 1PM

(Attendees are free to bring lunch and eat during the talks)

- 2 Oct John De Val Waiting not Wanting
The practical application of patience is not always easy, but is the key to our own – and everyone else’s – happiness. John explores the subject drawing on great teachings and personal experience.
- 9 Oct Kitty Capitelli Meet an Evacuee
Kitty was a London evacuee in WW2. She will tell us about her experiences, as she does regularly to audiences at the Imperial War Museum.
- 16 Oct Martin Bloomfield Where’s the Promoter?
'All the world's a stage' said the Bard. If it's all a play, where is the promoter? Martin Bloomfield, student of philosophy, examines the possibilities.
- 23 Oct Stephen Silver Living a Philosophic Life
Six principles by which to play a full and active part in the world and hold true to the aim of self knowledge.
- 6 Nov Sine Pickles Chartres Cathedral
Sine Pickles will explain and illustrate the wonders of this magnificent construction.
- 13 Nov Stephen Bagnold Reflections on Romeo and Juliet
Vivid, intense, poignant and ultimately tragic, Romeo and Juliet is one of Shakespeare’s most performed plays. Stephen Bagnold considers its enduring fascination.
- 20 Nov Kate Siraj Ayurveda
Kate is an Ayurveda practitioner. She will talk on maintaining health and increasing longevity using Ayurveda and the ancient concept of the elements.
- 27 Nov Sue Cooper Reflections on Portraiture
A portrait records the sitter’s physical likeness and acts a snapshot of the social and historical context of the time. But the best portraits also allow connection to the subject’s inner nature, both individual and universal.
- 4 Dec Chris Rees The Ethics of Artificial Intelligence
Chris is President at BCS, the Chartered Institute for IT. He speaks widely on the increasingly vital aspect of ethics within the industry.