

New Acropolis Ireland brings you **First Thursday's**

First Thursday's is a lecture series that looks philosophically at things in our everyday lives to give us a more conscious understanding of our life, from food to memory to happiness. Each lecture is free and takes place on the first Thursday every month.

Booking is necessary where place are limited and can be done by emailing us or over the phone.

All lectures begin at 7.30pm, are free and take place in 34 Lennox St, Portobello, Dublin 8

October Thursday 6th

Hands on arts and crafts: Wool felting.
Places limited to 12

November Thursday 1st

Eat yourself well. The healing properties of food. A hands on and highly practical class aiming to consider the elemental properties of food. There will be a demonstration of a number of menus that can positively affect our physical health and balance the effects of illness to promote healing and well being.
Places limited to 10

December Thursday 1st

Music: A discussion on the nature of music.

February Thursday 2nd

The mystical psychology of Jung: Perspectives on the development of consciousness through the path of individuation.

March Thursday 3rd
Happiness

What is the concept of happiness? The ancient stoic philosophers taught us the importance of concentrating on things that are inside our sphere of influence.

April Thursday 5th

The Kybalion: A discussion on the Hermetic philosophies of Ancient Egypt and Greece and their relevance to us today.

May Thursday 3rd

Art And Alchemy: A look at a philosophical science behind art.

June Thursday 7th

Memory: Gaining a better understanding of memory and improving it can not only develop our capacity for learning but also strengthen our attention. (With a few practical exercises)