

# Orlando Stoics: A Home-Grown Philosophy Discussion Group

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(ORLANDO)—In a city known for theme parks and sunshine, a quiet community gathers to practice something rarer than roller coasters: the ancient art of keeping calm in a chaotic world. Orlando Stoics is a local philosophy discussion group that has been meeting for more than 10 years. They have more than 3,400 members and have held 1,480 events, both online and in-person.

"Our aim is to help people learn more about themselves, but also to find a way to cope with the anxiety and stress of today's modern world," said StoicDan, organizer of Orlando Stoics. "There is so much chaos in the news that it's easy to be overwhelmed. We help people learn to focus on the things they can control in order to find peace and calm."

The group studies the writings of the "Big Three" — Marcus Aurelius, Epictetus, and Seneca — as well as lesser-known figures in history. They have also discussed other wisdom traditions, including Buddhism, Taoism, Hinduism, Existentialism, and Positive Psychology.

"We offer three Zoom meetings per week in English, and one in Spanish," said StoicDan. "We also hold an in-person meeting every two weeks on Saturday in Orlando."

The Saturday meetings are held at Panera Bread at 2415 N. Orange Avenue in Orlando. In fact, this is the venue where Orlando Stoics first met when it was launched on April 20, 2015. Although the group has bounced around to different locations throughout Orlando, they arrived back at their founding location just in time for the 10-year anniversary.

The group often invites philosophers from Modern Stoicism, including Ryan Holiday, Donald Robertson, Brittany Polat, Meredith Alexander Kunz, and Massimo Pigliucci. In addition to their philosophical discussions, the group hosts an annual social event and the annual Stoicon-X Orlando, which is the Modern Stoicism event for the Southeast USA.

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## **About Orlando Stoics:**

The Orlando Stoics is a philosophical discussion group that originated in April 2015 and is the third-largest Stoic discussion group in North America after Toronto and NYC. It hosts five weekly online and in-person meetings, uniting participants from the United States, the United Kingdom, Australia, Thailand, and Nepal. The group examines Stoic principles and their intersectionality with diverse philosophical frameworks. All programming is free and open to the public.