

# Philosophy & Wisdom

This introductory course in Practical Philosophy draws on the timeless wisdom of East and West, providing tools to help you experience greater happiness and freedom.

The School of Practical Philosophy provides a supportive environment to awaken your potential and "Know Thyself."

Through engaging discussions, reflective exercises, and guided exploration, we empower individuals to ask profound questions, unlock inner clarity, and experience true fulfillment.

**Ten Weekly In-Person Sessions**

**Starting Monday September 11th  
7:00-8:30pm PST**

**Held at Los Altos Community Center**



## Registration

Begins August 11th  
Use this QR Code



## More info:

(925) 828-8695  
soppcalifornia@gmail.com

## Course Content

**The Wisdom Within  
Self Knowledge**

**Awakening  
Being Present**

**Living Justly  
The 3-fold Energy**

**The Light of Reason  
Absolute Beauty**

**Unity in Diversity  
The Desire for Truth**