

HEAR TOUCH TASTE SEE **LIVE**



# NOW

THE NOW COURSE EXPLORES  
**THE JOY OF LIVING LIFE**  
AT THE ONLY TIME LIFE LIVES

THREE WEEK COURSE - £30 - OPEN TO ALL  
STARTS 7PM MONDAY 27TH FEBRUARY  
AT 11 MANDEVILLE PLACE LONDON W1U 3AJ  
TEL: 020 7034 4000 [WWW.SCHOOLECONOMICSCIENCE.ORG](http://WWW.SCHOOLECONOMICSCIENCE.ORG)



reg charity: 313115

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# NOW

We live in a time when our lives can easily be dominated by deadlines. We're so busy rushing into the future that we miss out on the time when life actually takes place. One deadline piles in on top of another until we reach the final deadline. It's only in the present moment, now, that we can stop skating across the surface of life, and instead deepen our experience, enter into the peace that the present brings.

In three systematic stages the Now course teaches how to enjoy life at the time it takes place and by so doing discover what we as human beings really need, what others really need and what the moment is really asking of us.

The Now course is conducted by William Wray, writer of Philosophy Works and Head of First Year Philosophy at The School of Economic Science.