

# Daily life of ancient Epicureans / 21st Century Epicureans

**Post by “Robert” of May 21, 2025 at 8:23 PM**

First of all, hello (again)! I joined more than a year ago but have been fairly quiet since.

Eikas got me wondering whether there were other practices, observances, or rituals that ancient Epicureans followed, perhaps on a daily basis. If so, what might these have been? What might the typical day of an Epicurean in 3rd-century Athens (or 1st-century Herculaneum) have been like, and how would they have incorporated Epicureanism into it?

As 21st-century Epicureans, how do *you* integrate it into your daily life? Is there any particular structure or set of practices involved?