



Stáv Training Weekend
October 10&11, 2009
With Graham Butcher
Chief Instructor of Ice and Fire UK
3438 Front Royal Pike, Winchester, VA
<http://www.iceandfire.us>



Stáv is probably the only authentic European body, mind and spirit training and martial art to have been passed down to modern times. Stáv literally means: 'Knowledge of the rune staves.'

The sixteen runic stances, basic rune lore, staff training, health improvement and enhanced well- being through Stáv practice. Also covered will be martial practice, healing skills, rune counseling, Fylgae and bindrunes.



Graham Butcher has been a master student of Ivar Hafskjold since 1992. He has been teaching Stáv since 1996 and created Ice and Fire in 2003 to promote and teach all aspects of Stav

Plane, Train, Bus and Metro pickup available by ADVANCE request.





Terms and Conditions

Please read these carefully before booking on any course.

- It is your responsibility to ensure that you are fit enough to attend an Ice and Fire Course. If in doubt consult your physician before booking.
- Ice and Fire reserves the right to refuse any booking and return payment without giving a reason.
- In the event of your canceling a booking we will normally only make a refund if we can fill your place.
- In the event of Ice and Fire canceling a course all monies will be refunded.

Booking Form

Please book me on the on the Stav Semi-Annual Training to be held at Winchester on the 10 and 11 October, 2009.

Name: _____

Address 1: _____

Address 2: _____

City: _____ State: _____

Zip Code: _____ Country: _____

Telephone: _____ Cell: _____

Email: _____ Please note that we will send acknowledgment of booking and joining instructions by email unless specified otherwise. If you particularly wish to receive these on paper we would appreciate it if you could enclose a stamped and addressed envelope.

☐ I am a member of Ice and Fire USA and I am enclosing a check or money order for \$100

☐ I am not a member of Ice and Fire and I am enclosing a check or money order for \$150

☐ I would like to join Ice and Fire USA at \$40 for the year and have the members discount price for this course. So I am enclosing a check or money order for a total of \$140

☐ If you would like to pay by credit card we can use our *Paypal* account: admin@iceandfire.us

☐ Please send a *Paypal* invoice to my email address: _____

Please make checks made payable to Michelle Tracey and send to Ice and Fire USA; PO Box 2179; Fairfax, VA 22031 USA

Until you have paid (your check or paypal has cleared) you will not be considered for public transportation pickup, or sleeping arrangements. Please keep this in mind if using the Paypal Option