



Stav Discovery and Training Weekend
March 10th and 11th 2007
Annapolis MD
With Graham Butcher
Chief Instructor of Ice and Fire UK
www.iceandfire.us



What is it?

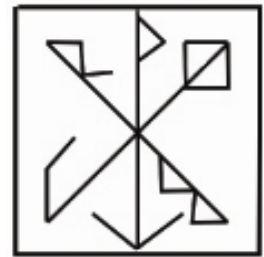
Stav is probably the only authentic European body, mind and spirit training to have been passed down complete to modern times.

Stav literally means: 'Knowledge of the rune staves.'

This weekend of Stav training will provide an excellent introduction to Stav for beginners and an opportunity for continuation training for those with some experience.

What will it cover?

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



The Instructor:

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

Vital Information

Level: Beginner and Intermediate

How Much?: Members \$100 for the weekend (meals provided); Non-Members \$150 (membership is \$40/year and can be included with payment.) Please make checks payable to Michelle Tracey.

Limited overnight accommodations are available on a First Come Basis

What to bring?: Loose comfortable clothing suitable for gentle physical training, a staff if you have one (loaners are available). A notebook and pen. Overnighters should bring a sleeping bag.

Contact Information: Miki Tracey: tel 703-447-7310, or Email miki@iceandfire.us

Signup Online at <http://www.iceandfire.us/forms/signup.cfm>





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 Discovery Course to be held at Annapolis on the 10th and 11th March 2007

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

Please make checks made payable to Michelle Tracey send to 9703 Kings
Crown Court #102, Fairfax, VA 22031 USA

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

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