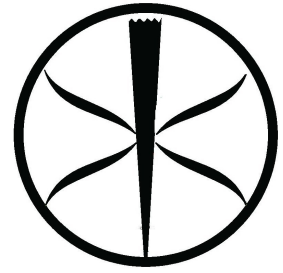




Stav Discovery Weekend

October 21st and 22nd 2006
Annapolis MD
With Graham Butcher
Chief Instructor of Ice and Fire UK
www.iceandfire.us



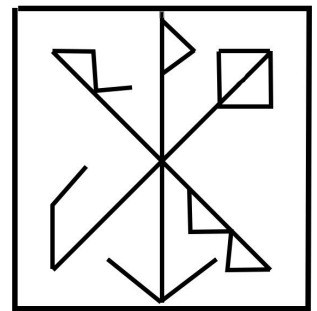
What is it?

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, 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. Overnights should bring a sleeping bag.

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

We can take Paypal payments at miki@iceandfire.us. Checks and money orders can be mailed to Miki Tracey; 9703 Kings Crown Ct. #102; Fairfax, VA 22031; USA