# FUPERLXX/IX2VBDUTEUPEBLXX/IX2VBDUT



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





#### What is it?

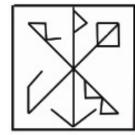
Stáv is probably the only authentic European body, mind and spirit training and martial art to have been passed down to modern times. Stáv literally means: 'Knowledge of the rune staves.'

This weekend of Stáv training will provide an excellent introduction.

This weekend of Stáv training will provide an excellent introduction to Stáv 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 Stáv practice. Also covered will be martial practice, healing skills, rune counseling, Fylgae and bindrunes.





#### The Instructor:

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

#### 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. Camping gear for those staying overnight.

**What to bring?:** Loose comfortable clothing suitable for gentle physical training, a staff if you have one (loaners are available). A notebook and pen. An open mind.

Contact Information: Miki Tracey: tel 202 330-5611, or Email miki@iceandfire.us

**Signup Online** at <a href="http://www.iceandfire.us/forms/signup.cfm">http://www.iceandfire.us/forms/signup.cfm</a>

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

# FUPERLXX/IX2VBDLYEUPERLXX/IX2VBDLY

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### 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:	
joining instructions l	by email unless specified other	at we will send acknowledgment of booking and rwise. If you particularly wish to receive these on a stamped and addressed envelope.
I am a member o	f Ice and Fire USA and I am	enclosing a check or money order for \$100
I am not a memb	er of Ice and Fire and I am en	closing a check or money order for \$150
☐ I would like to jo	oin Ice and Fire USA at \$40 fc	or 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 Pay	ppal invoice to my email addre	ess:
Please make checks	made payable to Michelle Tra	acey and send to Ice and Fire USA; PO Box

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