



Stáv Training Weeekend with the Master

September 29-30

Lake Fairfax Park; Reston, VA

With Graham Butcher

Chief Instructor of Ice and Fire UK

<http://www.iceandfire.us>



What is it?

Stáv is probably the only authentic European body, mind and spirit training to have been passed down complete to modern times. Stáv literally means: 'Knowledge of the rune staves.' 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 Stáv. He has been teaching programs in the US for Ice and Fire USA since 2005

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.) (price includes campsite, meals) Please make checks payable to Michelle Tracey.

What to bring?: Loose comfortable clothing suitable for gentle physical training, a staff if you have one (loaners are available). A notebook and pen. A tent and other camping gear (a list of local hotels is available by request as well as a limited number of loaner tents)

Meals Provided: Saturday breakfast, lunch and dinner, Sunday breakfast and lunch, various snacks, beverages will include water, ice and hot tea and lemonade.

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 Stáv Training Course to be held at Lake Fairfax Park on the 29th and 30th September 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 do not wish to join) 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 and 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: _____