kupkblax/1424bdl7kupkblax/1424bdl7



Stáv Training Weekend
October 4&5, 2009
With Graham Butcher
Chief Instructor of Ice and Fire UK
2003 Tundra Ct, Annapolis, MD
http://www.iceandfire.us





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 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. Limited overnight accommodations are available on a First Reserved 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. An open mind.

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

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

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

KUPKSL**/142~B&L*\kb\kSL**/142~B&L*

Terms and Conditions

Please read these carefully before booking on any course.

2179; Fairfax, VA 22031 USA

- 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 Annapolis on the 4 and 5 October, 2009.

Name:		
Address 1:		
Address 2:		
City:	State:	
Zip Code:	Country:	
Telephone:	Cell:	
joining instructions	by email unless specified other	erwise. If you particularly wish to receive these on 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 mem	ber of Ice and Fire and I am en	aclosing a check or money order for \$150
☐ I would like to j	oin Ice and Fire USA at \$40 f	or the year and have the members discount price for
this course. So I an	n enclosing a check or money	order for a total of \$140
☐If you would like	e to pay by credit card we can	use our Paypal account: admin@iceandfire.us
Please send a Pa	ypal invoice to my email addr	ess:
Please make checks	s made payable to Ice and Fire	USA and send to Ice and Fire USA; PO Box

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