

FNTRRY*Y|XSTBØTΛFNTRRY*Y|XSTBØTΛ



Ice & Fire USA

Stáv Training Weekend
September 27-28 2008
Location to be Decided
With Graham Butcher
Chief Instructor of Ice and Fire UK
<http://www.iceandfire.us>



What is it?

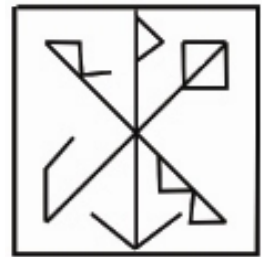
Stáv is probably the only authentic European body, mind and spirit training to have been passed down complete to modern times.

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 counselling, 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 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. A tent and other camping gear (a list of local hotels is available by request as well as a limited number of loaner tents), warm clothing for the evenings

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

Train, Bus, and Airport pickup available by request IN ADVANCE

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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 Course to be held on the 27 and 28 September 2008

Name: _____

Address 1: _____

Address 2: _____

City: _____ State: _____

Zip Code: _____ Country: _____

Telephone: _____ Cell: _____

Email: _____

Please note: We will send acknowledgement of booking and joining instructions by email unless you specify otherwise. If you particularly wish to receive this information on paper, we would appreciate that you send us a Self Addressed Stamped 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 and send to:

Ice and Fire; PO Box 2179; Fairfax, VA 22031

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

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

