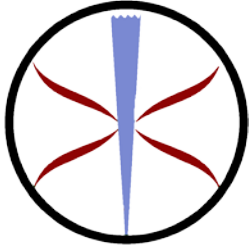


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Ice & Fire USA

Stáv Training Weekend
Apr 10-11 2010
With Graham Butcher
Chief Instructor of Ice and Fire UK
Annapolis, MD



What is it?

Stáv is believed to be a 1500yr old Northern European martial art and mind/body/spirit which survived obliteration in a small isolated family in Norway. Stáv literally means: 'Knowledge of the rune staves.' The martial art of Stáv is gentle and suitable for most persons. 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 may be martial practice, staff weapon training, hand to hand training, 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

Vital Information

Level: Beginner and Advanced Beginner

Meals provided: Limited Breakfast Saturday, Saturday Lunch, Saturday Dinner, Limited Breakfast Sunday, Sunday Lunch

How Much?: Members \$100 for the weekend (meals provided); Non-Members \$150. Day rate (any day of the weekend, \$55 members, \$75 non-members) Payment info on reverse. *Limited overnight accommodation offered on a first paid first served 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.

Where? Private Residence; 2003 Tundra Ct; Annapolis, MD.

Contact Information: Miki Tracey: tel 703 447-7311, or Email miki@iceandfire.us

Signup Online: at <http://products.iceandfire.us>. To pay by mail, see other side.

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

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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 that you need to cancel 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 MD on the 10 and 11 April, 2010

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 (\$55 day rate)

I am not a member of Ice and Fire and I am enclosing a check or money order for \$150 (\$75 day rate)

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 (or \$100 day rate)

Please make checks made payable to Ice and Fire USA and send to Ice and Fire USA; 9703 Kings Crown Ct. Suite 102; Fairfax, VA 22031 USA

If you would like to pay by credit card "send money" to our *Paypal* account: admin@iceandfire.us

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

Until you have paid (your check has cleared) you will not be considered for overnight accommodation, public transportation pickup, or loaners. Please keep this in mind if using the Paypal Option