

STAV

Moving Meditation and Health

Stav is a living tradition of health and philosophy with its roots in Norway's ancient past. The core practice is a moving meditation which gives the following benefits:

Gain calm

Think more clearly

Light exercise

Increase flexibility

Breathe more efficiently

Detoxify the body

Improve your health

Have more energy

Have better posture

Be more co-ordinated

Develop self-discipline

Be more aware

The movements are based on the runes, which at the most basic level, form the ancient alphabets of Northern Europe. The runes and the movements derived from them follow a system, and practicing them regularly gives the benefits shown.

Self Defence

The rune-stances, and the system on which they are based, also form an effective method of self-defence. Self-defence teaching begins with the walking staff, which is the best teaching tool. Walking stick comes next, and finally any weapon or unarmed defence.

The health and defence aspects of Stav are inseparable, as the defence is practiced in a calm and natural manner. The defender learns to respond to increasingly committed strikes without panic. It is through learning to respond efficiently, along the most direct routes, with mental calm, that a defender can be effective against a stronger and faster opponent. If you can remain calm in

the face of a fully committed staff attack, then nothing else life can throw at you can disturb you. As such, the training lends itself to spiritual growth, and ethics and philosophy are among the deeper aspects of Stav.

About me

I have been practicing Stav for over seven years. I have a broad background in meditation and martial arts, and also teach Euchi Ryu Karate.

When, Where and How Much

Sunday mornings, Wideopen (near Gosforth), £5 per hour, limited places, FFI contact Tony: 0191 236 2451 or

Stav@oakebooks.com