

# Healing the Pelvic Core

Workshop for Women with Suzanne Scurlock, CST-D and Staff

## Staying at Claymont Mansion

**Healing the Pelvic Core** is held at the historic **Claymont Mansion Retreat Center** just outside of Charles Town, West Virginia.

Claymont Mansion is a serene and historic estate nestled amid **350+ acres of tranquil landscape**. About **50 minutes from Dulles Airport**, it's easily accessible — yet feels a world away from the bustle of everyday life.



Originally built around **1840**, Claymont has been lovingly turned into a **retreat venue** that blends the beauty of its Georgian architecture with the peacefulness of nature. Its timeless energy makes it an ideal setting for **healing, reflection, and renewal**.

The accommodations at the Mansion are **shared guest rooms and shared bathrooms**, located on the upper floors. (Single-occupancy rooms are not available.)

The sleeping rooms at Claymont Mansion are simple and comfortable. For many guests, this shared experience becomes part of the healing process — talking after class, early morning hiking with a roommate(s), getting to know those on the class circle after hours — **all enriching your healing experience**.

For those who prefer more privacy or need a larger bed or private bath, **comfortable hotels are available about a 10-minute drive away** — allowing you to create the experience that best supports your body, comfort, and healing journey (see Option 2 below for more info).



**Beyond its sleeping quarters**, the first floor of the mansion offers wide open spaces — from the high ceilings, elegant ballroom, paneled dining room, enclosed sunroom, to the sprawling covered back veranda and **meditation room** for quiet reflection. On-site amenities include fresh and mostly

**organic meals, WiFi throughout, and extensive outdoor trails** for walking or simply being in nature.



There's something profoundly grounding about waking up to birdsong through tall windows, gathering with kindred spirits over a shared meal or cup of tea or coffee, and feeling the quiet wisdom that seems to emanate from the walls of the house itself. The **charm of Claymont** lies not in luxury, but in its **authentic warmth, history, and deep capacity to hold transformation.**



## Pricing

**Workshop Tuition: \$1,195** (*check our website registration page for any discount code*)

In addition to the tuition, please choose **one of the following lodging and meal options:**

### **Option 1 – Residential Participant**

Includes **shared accommodations at Claymont Mansion** plus **three meals each day.**

**Rate:** \$640

### **Option 2 – Day Participant**

Includes **three meals each day** — perfect if you're staying off-site.

**Rate:** \$425

All meals are freshly prepared on-site in the Claymont Mansion kitchen.

**Special food needs** are accommodated (Gluten free/Dairy free/Vegan/Vegetarian/ Nut free).

Spaces for Healing the Pelvic Core are limited — **early registration is highly recommended.**

**[Click back here to our website to complete the registration process.](#)**