

SoulCORE

A Movement to Nourish Body, Mind & Soul



Have a mat or towel, light weights optional (Through Zoom, Must use a Meeting ID)

SOULCORE is a movement that combines core strengthening, stretching & functional exercises with the prayers of the Rosary; a sensory experience combining candlelight, music, scripture, reflections & movement to nourish body, mind & soul and encourage deeper meditation on the Mysteries & virtues of the Rosary.

SoulCore is a movement all its own. It is not tied to or affiliated with any other exercise disciplines. SoulCore is not yoga, nor are yoga poses or Sanskrit referenced at any time.

SoulCore is an invitation to integrate body & soul in prayer, fully orienting the heart & mind toward Christ, while discovering the beauty of the Rosary: A gentle path to grow in virtue, interior peace & strength.

For more information contact Susan Joseph, sjoseph@strose.com or visit www.soulcore.com

ZOOM: Tuesdays and Thursdays 07:00AM-8:00AM

Saturdays 9:00AM-10:00AM

Meeting ID: 917 0072 5628

Passcode: 115887

One tap mobile

+13017158592



The SoulCore logo, an intertwined A&M, signifies "Auspice Maria" Latin for "under the protection of Mary." May you always be under her protection!