

SoulCORE

A Movement to Nourish Body, Mind & Soul



St. Rose of Lima Parish
SATURDAY- April 18, 2020!
9:00-10:00 AM Woodlands Room

Wear comfortable exercise clothing and bring a mat!
No charge. Arrive early to ensure a spot as space is limited.

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



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

SoulCore is founded in monotheism, one true God. It is based in Christian meditation, which is always focused on the life of Jesus Christ. SoulCore is about filling the mind & soul with the life and word of Christ, by meditating on the Mysteries and specifically, the virtues of each Mystery, to slowly be transformed more fully into the image and likeness of the heart and mind of Jesus and Our Blessed Mother.

Our deepest desire is to maintain the integrity of the Rosary and the Catholic faith, to encourage a deeper devotion to the Blessed Mother through the rosary, to grow in virtue and interior peace, and to be strengthened - in body and soul - to be fit instruments to do God's will.

Our Lady's desire is always to lead us closer to her son Jesus. As a Marian apostolate, SoulCore imitates her in striving to draw others closer to Christ through deeper reflection on his life and virtues in the rosary. Anything that could potentially lead us away from Christ is counter to our mission.

What does the actual movement entail?

The movement involves a combination of core-strengthening, stretching and functional movement. We begin with some basic stretches to warm up the body and recite the Apostle's Creed. Each Mystery begins with a scripture verse and a reflection, offering a time of rest. Participants are invited to do push-ups through each of the Our Father prayers. Movements will vary for each Hail Mary. A position of surrender is offered during the Glory Be. The movements are truly just an invitation. The main focus of SoulCore is the prayers of the rosary. We recommend modifying and resting as needed, always honoring your body.

What is the fitness level required for this workout?

Since spiritual fitness through prayer is the main focus of SoulCore, there is no specific fitness level. The physical movements can be challenging depending on who is leading the class or DVD/Digital Download, however all of the movements are simply invitations. The prayers are the focus - staying centered on the mysteries and virtues - and the movements are simply intended to enhance the prayer experience, by deepening our connection of body and soul. We strongly encourage modifying or resting according to your abilities on any given day.

Is SoulCore approved by the Church?

Thank you for thoughtful discernment regarding SoulCore's approval by the Church. SoulCore is an ecumenical apostolate rooted in the richness and beauty of the Holy Rosary. At this time SoulCore does not yet have an imprimatur. It's a challenge due to the fact that we do not have a written body of work. However, SoulCore is based in the Diocese of Lafayette Indiana and Bishop Timothy Doherty has been very supportive of our mission and even requested our diocesan paper, The Catholic Moment, write an article about SoulCore. It is also approved by many priests around the country. Additionally, SoulCore has been featured in various Catholic media outlets including, EWTN radio, Sirius XM The Catholic Channel, Ave Maria Radio, Relevant Radio, National Catholic Register, Ignatius Press and more. SoulCore is also offered in collaboration with various Catholic conferences such as FOCUS SLS and SEEK.

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