

# ADD SOULCORE TO YOUR RETREAT AT SJRCC

SoulCore is an invitation to integrate body & soul in prayer, fully orienting the heart & mind toward Christ, while discovering the beauty of the rosary.

It combines the prayers of the rosary with core strengthening exercise, and focuses on the virtues associated with each mystery. Participants work at their own pace with modified exercises if necessary, resting at any time. SoulCore is appropriate for men, women and teens of all fitness levels. Learn more at [soulcore.com](http://soulcore.com).

Reach out to one of these certified SoulCore instructors for details and costs to add this unique option to your retreat schedule. Offering about an hour for SoulCore brings physical activity and refreshment for the body, mind, and spirit into any retreat experience.

SOULCORE LEADER CAROL ALVAREZ  
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SoulCore has brought Carol's lifetime devotion to fitness, prayer and the rosary to a beautiful union. She feels truly blessed to have this opportunity to share SoulCore with others. A resident of Westfield, Carol attends St. Maria Goretti parish where she loves to play the piano for Mass. Music brings everything to life for her. In her words, "praising God in music is the closest thing to heaven."

Carol is a registered nurse with a local outpatient surgery center. She is also the owner of Carol's Corn—"Spreading God's love one kernel at a time."

Married to Jim for 25 years, they have three children: Anthony, 20; Katy, 17 and Stevie, 11.

Carol's Favorite Scripture Verse:

*"Rejoice Always." 1 Thessalonians 5:16*

SOULCORE LEADER CARRIE LUPINI  
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Carrie has a love for spreading devotion to praying the rosary. She converted to the Catholic faith more than 30 years ago and attributes her conversion to the Blessed Virgin. Carrie discovered that Soulcore is a wonderful fitness and prayer combination that incorporates the entire being into the prayer experience. Strengthening the body and the soul, growing in the virtues, and being given a sense of peace while praying the rosary is something that Carrie wants to offer the community.

Carrie and her husband, Chris, are originally from Michigan, have been married for 31 years, and have six children. They have been members of St. Patrick Catholic Church in Kokomo for 30 years. While not a "fitness expert," Carrie recognizes the need for incorporating more exercise and prayer into everyday life and is motivated to training and growing in her overall physical, mental, and spiritual health. Working with the co-founders of SoulCore has greatly increased her overall balance and endurance level, but most of all given her a deeper love of praying the rosary.

One of Carrie's Favorite Scripture Verses: *"In him we were also chosen, destined in accord with the purpose of the One who accomplishes all things according to the intention of His will, so that we might exist for the praise of His glory, we who first hoped in Christ." Ephesians 1:11-12*

