

## WHAT IS SOULCORE?

**SoulCore is praying the rosary while incorporating movement.  
Uniting body, mind & soul in prayer makes our prayer more powerful!**

## WHAT DOES THE SOULCORE ROSARY ENTAIL?

The SoulCore Rosary integrates core-strengthening, stretching, and functional movements with the prayers of the rosary. We begin with some basic stretches to warm up the body and recite the Apostle's Creed, then move into other poses for each of the Our Father's and Hail Mary's. The stretching position of surrender is performed with each Glory Be.

All movement is capability based, so each participant moves to their personal fitness level. Quiet reflection can also be used in place of movement. Participants are encouraged to always honor your body by moving at your own pace and within your own abilities on any given day.

Each Mystery begins with a scripture verse and a reflection, offering a time of rest and encouraging deeper reflection on the virtues of each Mystery. Each movement is simply an invitation to engage the body in prayer.

***A SoulCore Rosary is typically 45-60 minutes.***

*St. Francis de Sales once said, "Every one of us needs half an hour of prayer a day, except when we are busy – then we need an hour."*

SoulCore intentionally invites us to slow down, to savor a "holy hour" immersed in sacred scripture and virtue, engaging our bodies in an exercise of adoration and worship. The time we give to this discipline strengthens our whole person – body, mind, and soul.

Christine Peterson will be leading the SoulCore sessions at a date to be announced.

***Interested in Participating?***

Please email [Christine.Peterson@snet.net](mailto:Christine.Peterson@snet.net) to be added to the SoulCore notification list.

*Christine is a NASM-certified Personal Trainer, active parishioner at St. Jude Church,  
and a certified Holistic Health Coach from the Institute of Integrative Nutrition in NYC*