

# ST. ROSE OF LIMA CATHOLIC PARISH

**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.



**(Through Zoom)**  
**All fitness levels welcome**

**Mon. & Fri. 7-8:00AM**  
**Zoom ID: 284 442 9759**  
**Password: Gift**



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

For more information contact Susan Joseph,  
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