

- What is SoulCore?

SoulCore is a movement that strengthens body & soul by combining the prayers of the rosary with core-strengthening, stretching and functional movement. SoulCore is a sensory experience that combines candlelight, aromatherapy, music and sacred art, providing participants the opportunity to nourish body, mind & soul while contemplating the mysteries and fruits of the rosary.

- How is SoulCore different from other fitness disciplines?

SoulCore is a movement all its own. It is an exercise of spiritual and physical fitness through prayer. The pure intention of SoulCore is to bring Christians of all ages closer to Christ through the prayers of the Rosary.

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.

- How long is each SoulCore Rosary?

A typical SoulCore Rosary is approximately 50-55 minutes in length.

- Are participants saying the prayers out loud?

The SoulCore leader recites the first part of each prayer out loud, and the second part of every prayer is said in silence. This gives the participants the opportunity to be reflective in the prayers, and go deep in their meditation on the life and word of Christ.

- What if I don't know the Rosary?

SoulCore is a wonderful way to learn it! Each mystery and virtue is announced out loud. The first part of every prayer is also said out loud, so participants are guided through. For the second half of each prayer, until one knows the prayers by heart, one can reflectively be pondering the virtue of the mystery. There are numerous resources online, in bookstores and in Catholic churches that provide the prayers of the rosary.

- 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.

- If I become a Leader, can SoulCore classes be customized according to the abilities of the Leader and participants?

Absolutely! Since the movements are secondary to the prayers, SoulCore Leaders can offer classes at any fitness level. Some Leaders offer SoulCore with the majority of the movements being gentle stretches, others offer SoulCore with the movements done completely from a chair. As long as the movements are in line with the integrity of SoulCore, Leaders are welcome to customize accordingly. We find that any of these movements, when done in conjunction with the prayers, offers a deeper connection with Christ in body and soul.