

SoulCore's New Online Fitness Studio Uses Physical Movement to Cultivate Spiritual Growth and Devotion to Mary

Guided by the Blessed Mother, SoulCore prayer and fitness routines strengthen both body and soul

Carmel, IN, January 22, 2024— SoulCore, a Catholic fitness apostolate focused on the integration of soul and body, has launched a new app and an enhanced online studio membership. SoulCore is a unique workout experience with the goal of growing in virtue and cultivating interior peace. Co-founders Colleen Scariano and Deanne Miller combine core-strengthening and functional movement with the prayers of the rosary to enliven devotion and encourage a deeper reflection on the life of Christ. SoulCore online studio can be found at SoulCore.com.

“The goal with SoulCore has always been to elevate the soul to God through the gift of our bodies. SoulCore is an invitation to workout while experiencing the healing and transformative power of God from within,” said Miller.

Personal tragedy led Scariano to a deeper connection to the Blessed Mother and rosary. As a busy mom, she began praying the rosary while running, and the combination became a source of peace and healing through her grief. Inspired by the Holy Spirit, the concept to integrate the rosary with core strengthening was conceived. Scariano shared the idea with Miller, who had also experienced healing through the integration of prayer and movement after struggling with disordered eating as a teenager. Together they began creating the program, and SoulCore was born.

What began as a short DVD series has rapidly grown into a nationwide network of SoulCore Leaders offering in-person classes and a newly minted online studio membership program that allows for a global community of prayer.

Scariano says that integrating physical movement into our worship and prayer has always been central to the Catholic expression of faith, citing the various postures used during the Mass (sign of the cross, genuflecting, standing, kneeling, and reception of the Eucharist). These movements allow our whole person—body, mind, and soul— to respond to God.

“We love what Saint John Paul II said about the body, that it alone is capable of making visible what is invisible, the spiritual and the divine,” Scariano said. “We can connect to the interior dispositions of the heart such as surrender, praise, and thanksgiving by using our bodies to express these foundations of prayer.”

SoulCore Rosaries are 45-60 minutes long and include basic stretches during the Apostles’ Creed and Glory Be, push-ups during the Our Fathers, and a variety of movements during the Hail Marys. Scripture is integrated throughout. All fitness levels are welcome. The movements are secondary to the prayer; modifications and rest are encouraged as needed.

Various levels of membership are offered on SoulCore.com, offering more than 100 SoulCore classes including Rosaries, Chaplets, and special prayer offerings with a wide variety of leaders, length of time, and type of workout. SoulCore is offered as youth, college, and adult programs. To find out if SoulCore offers in-person classes near you, visit <https://soulcore.com/find-a-soulcore-class/>.

For more information and a complete press kit, visit <http://soulcore.com/press>.

To request an interview with Colleen Scariano or Deanne Miller, contact Carrie Kline at carriek@revolutionizingmissions.com.

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SoulCore is an apostolate that intentionally engages the whole person in the sacred experience of the rosary. Integrating the prayers of the rosary with core strengthening, stretching and functional movements to nourish body & soul and encourage deeper reflection on the virtues.