

SoulCore's Global Prayer Community Ramps Up for Movement for Mary Challenge Kicking Off May 1

Prayer and fitness come together in this challenge guided by the Blessed Mother

Carmel, IN, April 16, 2024— SoulCore, a Catholic fitness apostolate focused on the integration of soul and body, will host its annual fitness and prayer challenge to deepen connection with the Blessed Mother during the month of May. Participants are asked to commit to 30 minutes of movement per day and pray at least one decade of the rosary per day throughout May, a month that Catholics for centuries have set aside to honor Mary. [SoulCore's Movement for Mary Challenge](#) will kick off on May 1.

"This challenge is such a powerful way to honor and get to know Our Blessed Mother under her many titles, while nourishing body and soul during this month dedicated to Our Lady," Colleen Scariano, co-founder of SoulCore, said.

SoulCore's mission is to amplify the experience of prayer through physical movement. Its signature SoulCore Rosary is a 60-minute strengthening workout that is set to the prayers of the rosary. Co-founder Deanne Miller says attaching physical movement to the meditative aspects of the rosary is a powerful experience where body and soul are both strengthened. SoulCore has members all over the world joining together for virtual or in-person classes to pray and move together.

The Movement for Mary challenge includes weekly emails throughout the month of May that contain five SoulCore Rosary single decade videos, with movements and reflection to accompany each Marian title. A donation-based event, Movement for Mary contributes 100% of the funds collected to [SoulCore Giving](#), the non-profit arm of the SoulCore apostolate. SoulCore Giving provides scholarships for individuals to be certified as SoulCore Leaders and opportunities for even more parishes, schools and organizations to encounter the SoulCore experience.

"SoulCore is an invitation to deepen devotion to the Blessed Mother and experience the healing and transformative power of God from within," Miller said. "The Movement for Mary challenge will be a great experience of what our community is all about."

SoulCore hosts classes throughout the United States and now in eight countries and more than 100 digital classes including Rosaries, Chaplets, and special prayer offerings with a wide variety of leaders, length of time, and type of workouts through their online studio. Offered as youth, college, and adult programs, the online studio can be found at [SoulCore.com](https://soulcore.com) or via the all-new SoulCore app. Find in-person class opportunities at <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@missionadvancementpartners.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 and soul and encourage deeper reflection on the virtues.