



SOULCORE
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SOULCORE GENESIS PRESCRIPTION FAQ'S

Time Commitment

The SoulCore Genesis Prescription is designed with flexibility in mind, allowing you to journey at your own pace. Each week, you'll receive a beautifully crafted PDF with daily reflections centered on one wellness pillar. These short, meaningful readings offer encouragement, insight, and a simple goal to focus on for the week, inviting you to gently weave these practices into your everyday life as a rhythm of stewardship for body, mind, and soul.

You'll also be invited to join us for a live one-hour Zoom gathering each week - a sacred space for deeper formation, Q&A, prayer, and fellowship.

What if I can't attend the weekly Zooms?

We would love to see you live, but it's not required. Each session is an added gift meant to deepen your understanding of the weekly wellness focus through prayer, formation, and connection. You'll receive the recordings via email after each session, so you can enter in when it works best for you.

Are SoulCore Rosaries included?

Yes! You'll receive access to a collection of SoulCore digital workouts integrating movement, prayer, and virtue - encouraging you to steward the gift of your body as a temple of the Holy Spirit, while nourishing your soul through the beauty of the Rosary.

Can I give the SoulCore Genesis Prescription to a loved one?

Absolutely - and what a beautiful act of love! Simply enter your recipient's name and email at checkout, and we'll make sure they're warmly welcomed into the journey.

Who should I contact if I have more questions?

Please email Deanne at deanne@soulcore.com or Julie at julie@soulcore.com with additional questions. We're here to assist in any way we can!