

SOULCORE

BODY MIND SOUL



Be part of the movement!

JOIN US on select Friday mornings at 8:15 a.m. in Ross Hall.

SOULCORE combines core strengthening, stretching & functional exercises with meditation on the mysteries & virtues of the rosary. SoulCore is not yoga, nor are yoga poses or Sanskrit referenced at any time. Rather, it is an invitation to integrate body & soul in prayer, fully orienting the heart and mind toward Christ.

Sign up by contacting the Parish Office or emailing stewardship@steugenes.org with your name & email.

Visit www.soulcore.com for more information.

FIRST CLASS ON FRIDAY, SEPTEMBER 30TH @ 8:15AM

**ALL DATES: SEP 30; OCT 7, 21, 28; NOV 4, 18; DEC 16; JAN 6, 20, 27;
FEB 3, 17, 24; MAR 3, 24; APR 21, 28; MAY 5**

**BRING YOUR OWN EXERCISE MAT
WEAR COMFORTABLE CLOTHING**

**COME AS YOU ARE - NO EXPERIENCE NEEDED
INVITE A FRIEND!**