

Nourish & Strengthen

SoulCORE

BODY + MIND + SOUL



SoulCore is a prayer experience that combines the Rosary with core strengthening, stretching, and functioning movement. It combines candlelight, music, scripture, and reflections with body movement.

Visit www.soulcore.com for more information.



NEW GREENWICH LOCATION!

Luisa Mendoza is a certified SoulCore leader now offering classes at the
CatholicPsych Institute, located at
179 Hamilton Avenue in Greenwich, CT.

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Wednesday Mornings at 9am

Beginning November 9th

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No Experience Necessary, No Cost (\$10 suggested donation)

Dress in comfortable clothing/sportswear; Bring a mat if you have one

Email luisa.mendoza@verizon.net for more information.