

JOIN US FOR A SPECIAL LENTEN PRAYER
EXPERIENCE:

SOULCORE

BODY MIND SOUL

Tuesday, April 8, 2025

St. Ferdinand Activity Center

- 6:00pm: Quiet meditation/preparation
(Sign-In/Waivers completed)
- 6:20pm: Introduction
- 6:30pm: SoulCore begins

SoulCore

**is a prayer experience that combines the Rosary
with core strengthening, stretching and
functional movement.**

**The session engages the whole person in the
sacred experience of the Rosary – body, mind
and soul.**

QUESTIONS? PLEASE CONTACT:
ERIN @ 773-622-3022 OR
EFOLINO@SAINTFERDINAND.ORG

NO EXPERIENCE NECESSARY!
COME WITH AN OPEN HEART AND MIND.

BRING A MAT AND WATER BOTTLE - AND
WEAR COMFORTABLE CLOTHING.
LIGHT WEIGHTS ARE OPTIONAL.

MODIFICATIONS USING A CHAIR INSTEAD
OF A MAT WILL ALSO BE DEMONSTRATED.

AGES 18-118 WELCOME!

THERE IS NO COST FOR THIS LENTEN
EXPERIENCE.

PRESENTER:

MAGGIE BAHLER RIZZIO,

ARCHDIOCESE OF CHICAGO,

ASSISTANT DIRECTOR OF INTERNAL

COMMUNICATIONS & SOULCORE INSTRUCTOR

