

SoulCore Leader – Heather Smalley



Heather was blessed to grow up in a family grounded in their Catholic faith. Teaching has always been her career calling. She spent 15 years teaching elementary school and many years teaching group exercise classes & yoga. Eventually, she made use of years studying dance by also teaching barre classes. In 2006, she married her wonderful husband, Richard, and they now have 2 amazing children, a daughter and a son. In the process of introducing their children to the faith & preparing them to receive their sacraments, Heather's commitment to her faith was renewed and invigorated. When she discovered SoulCore as an alternative to yoga, it felt like she found what her soul had been searching for! She joined the SoulCore online community and then found some in-person classes with Nicky Verna. Being able to join with a faith community and pray the rosary through Zoom classes facilitated by Nicky made her desire to bring this apostolate to her parish and community even greater. Heather is humbled and so thankful to be able to share the rosary with others in the hopes that it will always draw hearts closer to Jesus through His Blessed Mother the way it has for Heather.

A FEW OF HEATHER'S FAVORITE SCRIPTURE VERSES:

Luke 1:37, Jeremiah 29: 11-12, Matthew 6: 25-34