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A core practice in Extreme Programming (XP) is continuous integration, which involves integrating code changes from multiple team members into a shared repository multiple times a day. This practice emphasizes the importance of delivering software rapidly and ensures code is always in a "deployable" state, facilitating a smoother and more efficient development process.

Some benefits could include early detection of issues as a result of frequent changes. This feedback can reduce cost and complexity of fixing problems later in the development process. Additionally, this practice can ensure the software is being built consistently every time changes are integrated. This consistency reduces the risk of configuration-related errors. Lastly, this practice promotes collaboration among team members by encouraging them to share code changes regularly. All in all, this collaborative environment leads to better communication and shared ownership of the codebase.