



The Living Well

BY FLEUR WELLNESS CO.



The Living Well

Wellness For Churches & Teams

The Need for Faith-Led Wellness



Christian leaders today face unprecedented pressures - spiritually, emotionally, relationally, and physically. The Living Well exists to meet these real, urgent needs with rest, renewal, and whole-person care.

Even though we live in a world that glorifies busyness, our souls crave rest. Even within church and leadership settings, many are pouring out more than they are being filled.

The Living Well helps to restore the rhythms of rest and renewal that God designed for us, to step away from striving and return to stillness, reflection, and physical wellbeing.

Through biblically rooted wellness practices - movement, mindful nutrition, conscious breathing, and rest - we reconnect with God's peace and strength.

“Come to Me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

Recognising the Need for Restoration



Across churches, charities, and organisations, one theme is clear: people are weary.

Leaders are pouring out more than they're being filled, and teams are stretched thin in an age of constant demand. Stress, fatigue, and disconnection have become normalised. But we know this isn't what God wants for the people building and serving His church.

Key Areas of Need

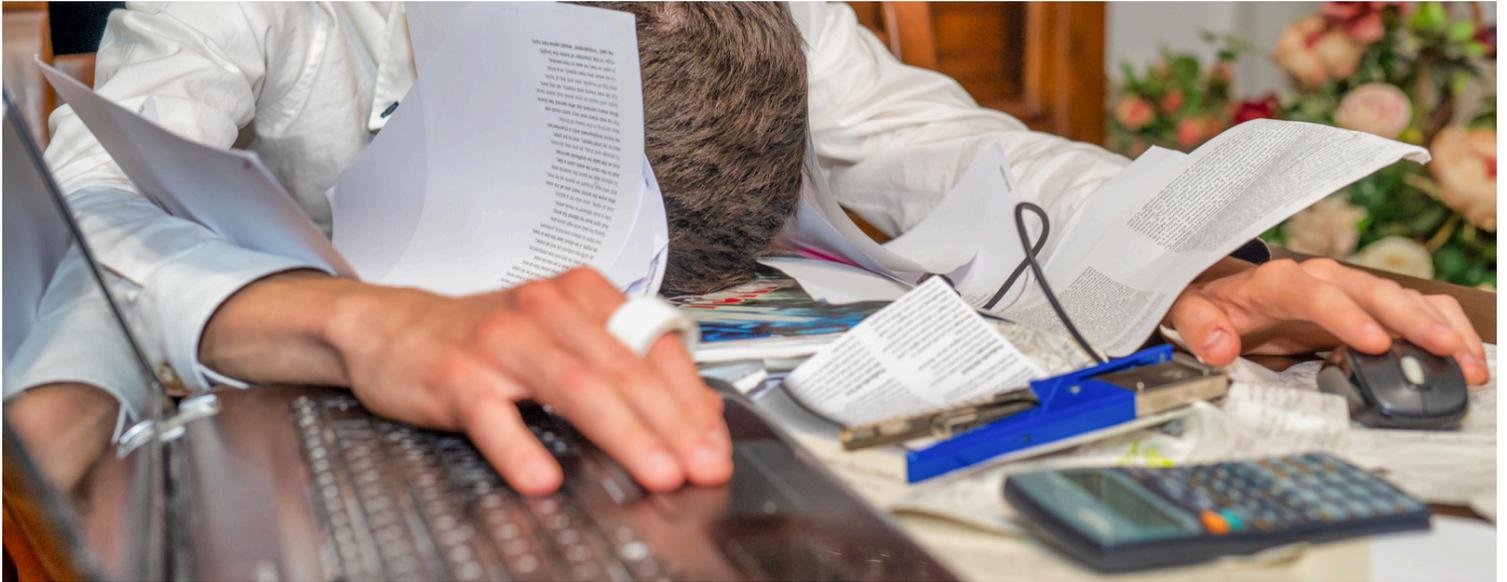
Burnout and Near-Quitting

Many leaders are quietly reaching breaking point. The weight of responsibility, isolation, unmet expectations, and limited systemic support often leads even the most faithful to consider stepping away from their calling.

Mental and Emotional Strain

Depression, anxiety, emotional fatigue, strained relationships, and financial pressures are increasingly common in ministry life. Many are carrying burdens they feel unable to voice.

Recognising the Need for Restoration



Key Areas of Need

Lack of Safe, Restorative Spaces

Leaders often feel they must always be “on,” rarely given environments where they can simply rest, breathe, create, or receive. Without space for spiritual renewal, creativity and clarity begin to fade.

Need for Whole-Person Care

Sustainable ministry requires more than spiritual strength alone. Rest for the body, regulation of the nervous system, healthy rhythms, nourishing food, and space with God are not luxuries - they are essential for longevity and vitality.

Community and Connection

Leaders need places where they are known, supported, and cared for - where they can regularly receive without responsibility, and reconnect with God and others in a way that restores mind, body and soul.

Faith-Centred Workplace Wellbeing



At The Living Well, we believe that caring for the whole person -body, mind, and spirit- is part of good stewardship and leadership. When we nurture those who serve, we strengthen the entire mission.

Faith-centred wellness programs provides opportunities such as:

- **Unity and connection:** Shared experiences like group Pilates, breathwork, or retreat days strengthen relationships, deepen trust, and cultivate a sense of belonging and purpose.
- **Supports mental and emotional wellbeing:** Christ-centred mindfulness, prayerful breathwork, and workshops on rest and resilience help individuals manage stress and find peace in God's presence, even in busy seasons.
- **Promotes a healthy, sustainable lifestyle:** Nutrition workshops encourage simple, sustainable habits that honour the body God has given us and supports lasting energy for service.
- **Cultivates engagement and renewal:** Investing in wellbeing communicates care and value- reminding staff and leaders that they are seen, supported, and created for wholeness, not burnout.

Offerings

Each offering is prayerfully designed to support the physical, emotional, and spiritual wellbeing of those who serve and lead.

Wellness Activities

- Guided Pilates & prayer sessions
- Guided breathing and Scripture meditation
- Reflective journaling, worship, and rest practices

Wellness Retreats & Days

- Faith-centred day or half-day retreats that integrate Pilates, breathwork, nutrition, and reflection.
- Designed to bring refreshment and renewal for individuals or teams.

Talks & Interactive Workshops

- Engaging sessions on topics such as stress, rest, resilience, and nourishment through a biblical lens.
- Ideal for churches, Christian organisations, and leadership gatherings.

Menu Support & Nourishment

- Assistance with creating meals and menus that support energy, hormone balance, and brain health - all rooted in the belief that food is a gift from God.
- Meal plans and nutrition guides for teams

Aromatherapy & Essential Oils Ministry

- Incorporating essential oils into wellness days, retreats, workshops and prayer sessions.
- Guests learn how biblical oils can enhance spiritual practices - through anointing, breath, or moments of stillness - as a tangible reminder of His presence and peace.



“God made the earth yield healing plants, and wise is the one who uses them.” – Ecclesiasticus 38:4

Example Retreat Day

Retreats can be held at your premises or church if the space allows, otherwise the day can be facilitated at a Christian retreat centre, for example The House of Bread in Stratford or The Harnhill Centre in Cirencester.



9:30 - Arrival, herbal teas & devotional welcome

10:00 - Morning Pilates & prayer session

11:15 - Talk: God's Design for Rest & Renewal

12:15 - Nourishing, seasonal lunch



13:15 - Nutrition workshop / interactive session

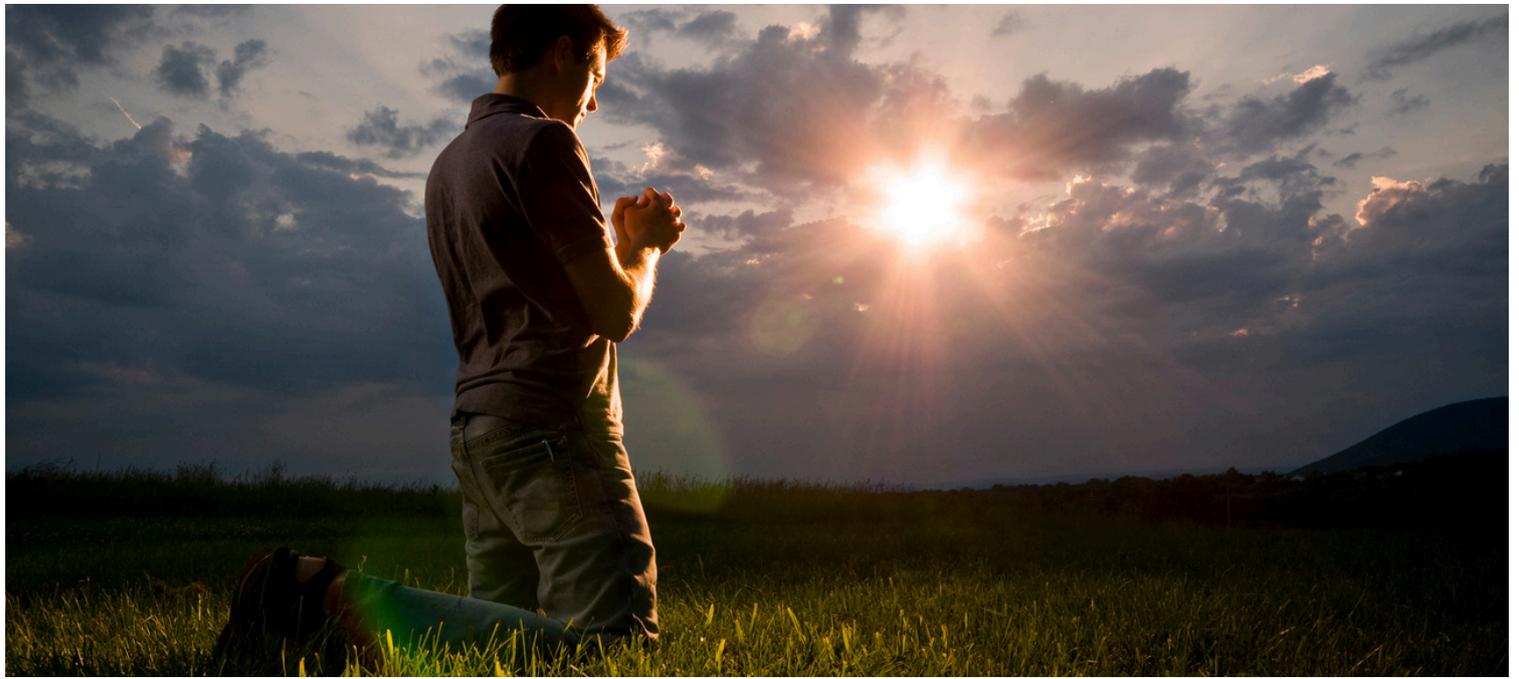
14:30 - Nature walk, rest or journaling

15:30 - Guided breath, prayer & reflection

16:15 - Closing prayer & gift bags



“He leads me beside quiet waters, He restores my soul.” - Psalm 23:2-3



It's Time to Bring Wellness Back into the Church

Somewhere along the way, the world claimed “wellness” as its own – by repackaging rest, mindfulness, and healing as self-made pursuits. But these practices were never meant to be apart from God. True wellness has always been His design first.

From the very beginning, He designed us for rhythm; work and rest, nourishment and stillness, movement and worship. Our bodies were created as temples for His Spirit; our breath, the very life He gave us. Yet the enemy has twisted what is holy into something self-focused and even “new age”, distracting us from the Source of true restoration.

It's time to bring wellness back to its rightful place – at the feet of Jesus. To remember that caring for our bodies and calming our minds isn't vanity or indulgence; it's worship. It's honouring the One who created us.

Through The Living Well, my heart is to see the Church lead and reclaim this restoration – to bring wellness home to where it belongs: into the presence of God. Because when the people of God are whole and rested, they can pour out from a place of abundance, not exhaustion.

About Fleur



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BY FLEUR WELLNESS CO.

With over a decade of experience in nutrition, movement, and holistic wellness, I bring both professional expertise and deep personal conviction that true healing begins with God.

As a certified nutritionist, Pilates instructor, and breathwork facilitator, I've worked across both the hospitality and corporate wellness sectors - curating programs that restore body, mind, and spirit. But The Living Well was born from something deeper: a desire to see the Church and those who serve it rediscover the wholeness God always intended.

My approach combines science-based wellness with biblical truth, helping individuals and organisations cultivate rhythms of rest, nourishment, and renewal in Christ.

Every offering is shaped by prayer, compassion, and the belief that wellness isn't a luxury; it's part of Kingdom stewardship.



Professional Memberships: IICT & CMA
Qualifications (Selected): Certified
Nutritionist | Level 4 Advanced Mat
Pilates | Diploma in Breathwork |
Trauma-Informed Coach | Diploma in
Polyvagal Theory |
Diploma in Aromatherapy

*“May God Himself, the God of peace,
sanctify you through and through;
may your whole spirit, soul and
body be kept blameless.” - 1
Thessalonians 5:23*

Contact Info

To discuss options and opportunities for your church or team.

Email: fleur@fleurbailey.com

Phone: +44 (0) 7557 258200

www.the-living-well.org

“Wellness was never meant to be separate from God – it’s His design from the beginning. Rest, breath, nourishment, and movement are all invitations back into His presence.” – Fleur

