vineyardusa
PASTORAL HEALTH & FORMATION

Pastors Physical & Recreational Health Cohort
9 months | September 2025 – May 2026

For pastors, this cohort invites you into a transformational journey, addressing areas Vineyard pastors report as the least satisfying in their lives: physical, emotional, and recreational health. Through an integrated approach in this nine-month cohort, you'll learn to live in worshipful rhythms, choices, and activities – embodying the gospel for the glory of God (1 Corinthians 6:19-20). This cohort takes a holistic approach to your health and wellness, combining physical, emotional and spiritual exercises to fully experience the gift of abundant life Jesus offers. Join us as we establish healthy rhythms, embrace abundance, and engage in a life-long journey of pursuing health.

You'll Receive
- Personalized fitness and nutrition plans
- Bi-monthly coaching for one-on-one education
- In-person retreat with deep refreshment and ministry for your soul
- Monthly small-group mentoring
- Large-group training: Authenticity & Owning Your Story, Physical Embodiment of the Gospel, Fueling Your Mind & Body, Embracing Abundance, Honoring the Body, Finding Joy & Recreation, Life Within Authentic Community, Flexing for Success, Facilitating Deep & Lasting Transformation

Your Commitment
This isn't a "drop into the gym once a week" type of community. We are looking for pastors who are committed to improving their health and joining others from the Vineyard family on a transformation journey. You will get the most out of this cohort if you are willing to show up in authentic ways with the group and your coaches, embrace a growth mindset, and try on new habits to invest in your health and longevity.

Cost
Vineyard USA will invest more than $5,000 throughout this cohort. We are asking participants to cover 10% of the cost at $500 plus travel to the retreat. But don't let finances keep you from pursuing health—we have great ideas for fundraising!

Interested?
Contact Kristi Caulley, kristi.caulley@vineyardusa.org or fill out our connect form: