

Power PraiseMoves



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Power PraiseMoves by Laurette Willis offers a Christian alternative to yoga. This program is perfect for those who want to intensify their PraiseMoves workout or want a high-energy workout.

This DVD offers a 40-minute workout, as well as a longer 50-minute program, with segments for warming up and strengthening and toning abs. A bonus booklet features photos and descriptions of the postures. This program aims to help users increase flexibility, lose weight, relieve stress, and nurture personal prayer and a knowledge of Scripture.

[Click here to purchase this DVD.](#)