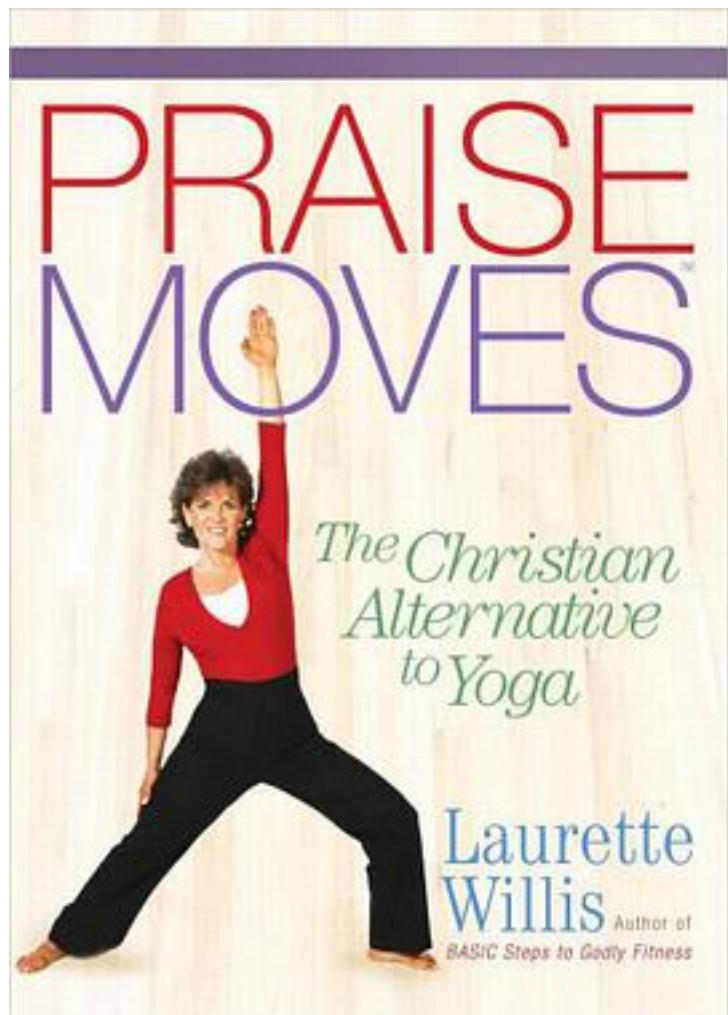


PraiseMoves



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著者:Willis, Laurette

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For 22 years Laurette Willis studied yoga and endured a difficult journey through New

Age beliefs. When she became a Christian, she was given the desire to create a Christian alternative to yoga. Now churches across America host her PraiseMoves program, which helps people increase flexibility and balance lose weight and gain endurance nurture a rich, meaningful prayer life ease depression and stress and inspire joy develop a deep knowledge of Scripture This DVD provides two workouts--60 and 20 minutes--that are easy, effective, and intended for all fitness levels. Exercise enthusiasts will love to incorporate this time of worship, health, and rejuvenation into their daily walk with God.

作者介绍:

目录:

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