

Transform Your Workouts into Worship!



PraiseMoves

Flow



*16 Flowing Scripture Sequences
to Bible passages!*

with Lovette Williams, PraiseMoves Founder and Certified PraiseMoves Instructor

Welcome to ***PraiseMoves Flow!***

PraiseMoves® Scripture Sequences are simple choreographed movements to passages from the Bible, linking together a variety of PraiseMoves postures.

Our purpose is to humbly mirror the beauty and power of God's Word through movement. In time, we find that these movements help us remember passages of Scripture more quickly and efficiently.

This process exemplifies our foundation scripture from 1 Corinthians 6:20, "For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's."

As believers, we know that God watches over His word to perform it ("*Then said the Lord to me, 'You have seen well, for I am alert and active, watching over My word to perform it'*" Jeremiah 1:12, Amplified).

It is therefore fitting that we make His Word a part of our daily lives—in thought, in word and in deed. The more of His Word we know and make a part of us, the more He will "hasten to perform it" (Jeremiah 1:12, KJV).

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For information on the 40 PraiseMoves postures used in this DVD, see the instructions Laurette gives in the Postures portion on the title menu. The PraiseMoves postures are listed alphabetically A through L, and M through Z.

During the Scripture Sequences, you can follow along with the CPIs (Certified PraiseMoves Instructors) who are leading each one. If you have questions about a certain movement, check this eBooklet for greater clarification.

In time, you will come to know and love doing these PraiseMoves Scripture Sequences, as you learn how to:

TRANSFORM YOUR WORKOUTS IN TO WORSHIP with PraiseMoves!

Scripture Sequences in PraiseMoves Flow

All scriptures are taken from New King James version, unless otherwise indicated.

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Prayer of Jabez Scripture Sequence
1st Chronicles 4:10

By MaryAnn Haslett, CPI
 Modifications in Green

1 Chronicles 4:10

And Jabez called
Lamed (*L-leg up*)
on the God of Israel saying
Angel (*L-leg back*)
“Oh, that You would bless me indeed,
Eagle
and enlarge my territory,
Tent **Reed**
that Your hand would be with me,
Lamed (*R-leg up*)
and that You would keep me from evil,
Angel (*R-leg back*)
that I may not cause pain!
Eagle
So God granted him what he requested.
Yadah → Mt Zion

PraiseMoves Postures:

Lamed (*pronounced lah-med*)
Angel
Eagle
Tent
Yadah
Mt Zion
Reed

Psalm 16:5-11 Scripture Sequence

By Nola Jeanne Baird, CPI

- 5) **O LORD, You are the portion of my inheritance**
Mt Zion → Tree (*R-Leg up*)
and my cup;
Angel (*R-Leg back*)
You maintain my lot.
Angel Bow (*R-Leg back*)
- 6) **The lines have fallen to me in pleasant places;**
Kuf (*then bring feet together and ROLL up into...*)
yes, I have a good inheritance.
Standing Cross
- 7) **I will bless the LORD Who has given me counsel;**
Lamed (*R- Leg up*)
my heart also instructs me in the night seasons.
Shalom
- 8) **I have set the LORD**
Lamed (*L-Leg up*)
always before me;
Angel (*L-Leg back*)
because He is at my right hand
Angel Bow (*L-Leg back*)
I shall not be moved.
Mt Zion
- 9) **Therefore**
Hey (*step Left*)
my heart is glad,
Resh (*to the RIGHT; knees stay bent in Hey*)
and my glory rejoices;
Resh (*to the LEFT; knees stay bent in Hey*)
my flesh also will rest in hope.
Tree (*L-leg up*)
- 10) **For You will not leave my soul in Sheol,**
Prayer Shawl (*Roll down*)
nor will You allow Your Holy One to see corruption.
Prayer Shawl (*Roll up*)
- 11) **You will show me the path of life;**
Star (*step LEFT, arms cross chest and up over head to shoulder level*)
in Your presence is fullness of joy;
Eagle
at Your right hand are pleasures
Star(*step RIGHT, arms cross chest & up over head to shoulder level*)
forevermore.
Yadah → Mt Zion

PraiseMoves Postures: **Mt Zion, Tree, Angel, Angel Bow, Kuf, Standing Cross, Lamed, Shalom,Hey, Resh, Prayer Shawl, Star, Eagle, Yadah**

Psalm 23 Scripture Sequence

By Laurette Willis

1) The Lord

Mt Zion then raise arms up forward overheard

Is my Shepherd

The Shepherd's Stance

I shall not want

Arms straight out to sides, shoulder height, palms flexed out

2) He makes me to lie down

Arms come up as you begin to kneel down onto one knee

In green pastures

*Bow down onto mat in **Little Child***

He leads me beside the still waters

*Glide up into **Vine***

3) He restores my soul

Gracefully come up onto knees and then rotate legs forward as you lay back onto your mat, arms extended slightly out to sides, inhale and exhale.

He leads me in the paths of righteousness for His name's sake

Jars of Clay

4) Yea, though I walk through the valley

The ROCK (*Then come up over knees, or bending knees to side and come up to a squatting position, fingertips touching mat, knees bent*)

Of the shadow of death

*Begin to round up in a reverse **Prayer Shawl***

I shall fear

The Fearless One (*Lunge RIGHT leg back, arms extended straight out in front at chest level, palms flexed up (like you are pushing the wall in front of you.)*)

No evil

The Fearless One (*Lunge LEFT leg back, arms extended straight out in front at chest level, palms flexed up (like you are pushing the wall in front of you.)*)

For You

Arms up to heaven ...

Are with me

Shalom

Your rod

L-fisted hand and arm out in front at chest level

And Your staff

R-fisted hand and arm out in front at chest level

They comfort me

Give yourself a big hug!

5) You prepare a table before me

The Table (*Step legs out into Hey, but extend arms straight out to sides with fingertips pointing to ceiling*)

In the presence of my enemies

The Table (*continued - Lean Left as if you are pressing to the left wall; then Right in the same manner*)

You anoint my head with oil

arms circle over head

My cup runs over

Arms motion outward as if oil is flowing out from top of head

6) Surely goodness and mercy shall follow me all the days of my life

Four slow steps forward, raising knees, arms making a circle from back to front of same foot as if beckoning goodness and mercy to follow you

And I will dwell in the house

Mt Zion *w/arms over head, fingers touching*

Of the Lord Forever...Amen

*Then distinctly extend arms up into **Tree**, on the word "Lord", pausing for a moment, and then arms glide down to sides of body back to **Mt Zion***

PraiseMoves Postures:

Mt Zion
Shepherd's Stance
Little Child
Vine
Jars of Clay
Rock
Prayer Shawl
Fearless One
Shalom
Table
Tree

Psalm 23 Scripture Sequence – The Lord is My Shepherd
Modified version by Nola Jeanne Baird, CPI

1) The Lord

Mt Zion then raise arms up forward overhead

Is my Shepherd

The Shepherd's Stance

I shall not want

Arms straight out to sides, shoulder height, palms flexed out

2) He makes me to lie down

Eagle

In green pastures

*Come up out of **Eagle** into **Mt Zion***

He leads me beside the still waters

Rainbow (*Right arm up*)

3) He restores my soul

Rainbow (*Left arm up*)

He leads me in the paths of righteousness for His name's sake

Reed

4) Yea, though I walk through the valley

Prayer Shawl

Of the shadow of death

*Begin to round up in a reverse **Prayer Shawl***

I shall fear

The Fearless One (*Lunge RIGHT leg back, arms extended straight out in front at chest level, palms flexed up (like you are pushing the wall in front of you.)*)

No evil

The Fearless One (*Lunge LEFT leg back, arms extended straight out in front at chest level, palms flexed up (like you are pushing the wall in front of you.)*)

For You

Arms up to heaven ...

Are with me

Shalom

Your rod

L-fisted hand and arm out in front at chest level

And Your staff

R-fisted hand and arm out in front at chest level

They comfort me

Give yourself a big hug!

5) You prepare a table before me

The Table (*Step legs out into Hey, but extend arms straight out to sides with fingertips pointing to ceiling*)

In the presence of my enemies

The Table (continued - Lean Left as if you are pressing to the left wall; then Right in the same manner)

You anoint my head with oil

arms circle over head

My cup runs over

Arms motion outward as if oil is flowing out from top of head

6) Surely goodness and mercy shall follow me all the days of my life

Four slow steps forward, raising knees, arms making a circle from back to front of same foot as if beckoning goodness and mercy to follow you

And I will dwell in the house

Mt Zion w/arms over head, fingers touching

Of the Lord Forever...Amen

*Then distinctly extend arms up into **Tree**, on the word "Lord", pausing for a moment, and then arms glide down to sides of body back to **Mt Zion***

PraiseMoves Postures:

Mt Zion
Shepherd's Stance
Eagle
Rainbow
Reed
Prayer Shawl
Fearless One
Shalom
Table
Tree

Psalm 91 Scripture Sequence
Safety of Abiding in the Presence of God
 By Laurette Willis

1) He who dwells in the secret place

Shalom

of the Most High

Yadah

Shall abide

Bring hands overhead, palms up, fingertips touching; looking up.

under the shadow of the Almighty.

Lower arms, reaching out to sides, palms down.

2) I will say

Extend one arm out in front of you in a sweeping motion to the side, waist high, simultaneously sweeping same foot in circle.

of the LORD,

Repeat the arm and foot motion on the other side and then transition arms to prepare for the **Reed**.

"He is my refuge and my fortress; My God, in Him I will trust."

Reed

3) Surely He shall deliver you from the snare of the fowler And from the perilous pestilence.

Eagle

4) He shall cover you with His feathers,

Rock Squat to floor, extending arms out to the sides, palms down, and then to meet in the front.

And under His wings you shall take refuge;

Sweep arms back again, palms up.

His truth

Bring arms to front and emphatically slap floor on "Truth."

shall be your shield and buckler.

Palms on floor, straighten knees, arms extended, as you slowly come up in a reverse **Prayer Shawl**.

5) You shall not be afraid of the terror by night,
Zayin

Nor of the arrow that flies by day,
Arms sweep up and repeat **Zayin** on the other side.

6) Nor of the pestilence that walks in darkness,
Step back, turning to the side. **Zayin** pointing to the back wall.

Nor of the destruction that lays waste at noonday.
Arms sweep up and repeat **Zayin** on the other side (front wall).

7) A thousand may fall at your side,
Sweep arms together down and then up, pointing to back wall.

And ten thousand at your right hand;
And then step around to opposite side, making the arch with your hands from one side downward and up to other, pointing to front wall.

But it shall not come near you.
Quarter-turn to face back wall, arms sweep down, and then up to point to side.

8) Only with your eyes shall you look,
Half-turn to face front wall, sweep arms to one side and then the other.

And see the reward of the wicked.
Zayin one side and then the other.

9) Because you have made the LORD, who is my refuge, Even the Most High, your dwelling place,
Resh, one side

10) No evil shall befall you,
Advanced Resh

Nor shall any plague come near your dwelling;
Resh other side, **Advanced Resh**

11) For He shall give His angels charge over you, to keep you in all your ways.
Angel

12) In their hands they shall bear you up, Lest you dash your foot against a stone
Advanced Angel, raise one leg behind you, sweep arms forward, palms up

13) You shall tread upon the lion and the cobra,

Bring the raised leg that forward and step purposefully in front, as is crushing the enemy beneath your foot. At the same time, make fists and beat them up and down at same time as foot.

The young lion and the serpent you shall trample underfoot.

Repeat on other side.

14) "Because he has set his love upon Me, *(says the Lord)*

Sweep one arm, palm up, across body and circle forward. Other hand on waist.

therefore I will deliver him;

Repeat on the other side.

I will set him on high, because he has known My name.

Lift something from a low place to one side and place on high place on the other side.

15) He shall call upon Me, and I will answer him;

Prayer Warrior 1 one side.

I will be with him in trouble;

Arms up

I will deliver him and honor him.

Prayer Warrior 1 on the other side.

With long life I will satisfy him,

Arms up and **Hey** posture, bend knees.

And show him My salvation."

Sweep arms down, then straighten legs, feet still apart to **Standing Cross**

PraiseMoves Postures:

Shalom

Yadah

Reed

Eagle

Rock

Prayer Shawl

Resh, Advanced Resh

Angel, Advanced Angel

Prayer Warrior 1

Hey

Standing Cross

Psalm 96: 1-6 Scripture Sequence

By Nola Jeanne Baird, CPI

1) Oh, sing to the LORD

Reed

a new song

Standing Bell

2) Sing to the LORD, all the earth

Lowered Bell (hands flat on floor)

Sing to the LORD

(shift) Right (still in **Bell**)

bless His name

(shift) Left (still in **Bell**)

Proclaim the good news

Runner (R-leg back)

of His salvation

Gimmel (R-leg back)

from day to day

Bow (without clasped hands; straight arms back)

3) Declare

(pass through) **Runner** (R-leg back)

His glory

Lowered Bell (walk hands from L to R)

among the nations

Runner (L-leg back)

His wonders among all peoples

Gimmel (L-leg back)

4) For the LORD is great

Bow (without clasped hands; straight arms back)

and greatly

(sweep arms up over head & R-knee back at same time)

to be praised

David's Harp

He is to be feared above all gods

Little Child (arms up over head, then bow into **Little Child**)

5) For all the gods of the peoples are idols

Mem (glide hands along mat at side of body back toward feet into

Mem)

But the LORD made the heavens

Little Child (arms up over head, then bow into **Little Child**)

6) Honor and majesty are before Him

Tent

Strength and beauty

(knees down, then slide hands back into...**Rock** on "beauty")

are in His sanctuary

(burst up into) **Yadah** (with ¼ turn to left to face front)

PraiseMoves Postures

Reed

Bell (standing & lowered)

Runner

Gimmel

Bow

David's Harp

Little Child

Mem

Tent

Rock

Yadah

Psalm 103:1 - 5

By Nola Jeanne Baird, CPI

1) Bless the Lord oh my soul**Tree** (*L-leg up; sweep arms down to side on "oh my soul"*)**and all that is in me, Bless His holy name****Reed****Bless the Lord oh my soul****Tree** (*R-leg up*)**and forget not****Resh** (*bend torso Right*)**His benefits****Resh** (*bend torso Right*)**2) Who forgives all your iniquities****Hey****Who heals all your diseases****Star****3) Who redeems your life from destruction****Prayer Warrior** (*R-knee bent*) then flow into **Prayer Warrior 2****Who crowns you with lovingkindness and tender mercies****Prayer Warrior** (*L-knee bent*) then flow into **Prayer Warrior 2****4) Who satisfies your mouth with good things****Chair****So that your youth is renewed like the eagle's****Eagle** then flow into **Yadah****PraiseMoves Postures:****Tree****Reed****Resh****Hey****Star****Prayer Warrior 1 & 2****Chair****Eagle****Yadah**

Psalm 145: 8-9

By Nola Jeanne Baird, CPI

PraiseMove to Laurette Willis' song "The Lord Is Gracious"

8) The LORD is gracious**Mt Zion → R-Angel 2** (*R-leg back and lifted - balancing on L-leg*)**And full of compassion,****R-Angel Bow 2** (*R-leg back and lifted - balancing on L-leg*)**Slow to anger***L-arm sweeps forward to lateral front while maintaining balance on L-leg; R-arm remains back palm facing up***And great in****R-Guide 2** (*Position R-hand to hold R-foot while balancing on L-leg*)**mercy.****R-Guide** (*balancing on L-leg*)**9) The LORD is***Slowly release R-foot and R-hand such that R-foot meets floor at same time as R-arm reaches toward heaven)***good to all,****Resh** *side to side***And His tender***Sweep arms down to sides, then up, then pass through the **Reed*****Mercies****Standing Cross****Are over all His works.***Arms slowly drift down into **Mt Zion*****REPEAT the entire Scripture Sequence leading with the other leg****PraiseMoves Postures:****Mt Zion****Angel 2****Angel Bow 2****Guide 2****Guide****Reed****Standing Cross****Resh**

Proverbs 4:20-23 - "God's Health Prescription"

By Laurette Willis

- 20) **My son**
 On knees, **Little Child**
Give attention to my words,
David's Harp
Incline your ear to my sayings.
*Sweep forward into **Vine***
- 21) **Do not let them depart from your eyes;**
Altar
Keep them in the midst of your heart;.
Cross on one side
- 22) **For they are life to those who find them,**
Fountain
And health to all their flesh.
Cross on other side
- 23) **Keep your heart with all diligence,**
Altar
For out of it spring the issues of life.
Fountain

Walk your hands back to your feet, Reverse **Prayer Shawl** back to a standing position, **Mount Zion**.

PraiseMoves Postures:

Little Child
David's Harp
Vine
Altar
Cross
Fountain
Prayer Shawl
Mount Zion

Jeremiah 29:11-13
By Nola Jeanne Baird, CPI

- 11) For I know... the thoughts**
Rainbow (bend torso to the Right)
that I think... towards you
Rainbow (bend torso to the Left)
thoughts of peace
Eagle (slowly sweep arms back while bending at torso)
and not of evil
Eagle (slowly sweep arms down while coming up, then to front...)
to give you a future
Reed (flow through to the **Reed**)
and a hope
Standing Cross
- 12) Then you shall call upon Me**
Angel (L-leg back, arms flow up)
and you
Kuf (sweep arms down as you step into **Kuf**)
shall go and pray to Me
Angel (R-leg back, arms flow up)
and I will listen
Kuf (sweep arms down as you step into **Kuf**)
- 13) And you shall seek Me**
 Step Left into **Star**
and find Me
Star Tilt Left
when you search for me
 Step Right into **Star**
with all
Star Tilt Right
your heart
Shalom → Mt Zion

PraiseMoves Postures:

Rainbow
Eagle
Reed
Standing Cross
Angel
Kuf
Star
Shalom

The Lord's Prayer (Matthew 6:9–13 KJV)

By Laurette Willis

- 9) **Our**
Mt Zion, arms forward, palms up and out to sides
Father
 Arms up, palms up, bend knees
who art in heaven
 Straighten knees, reach up, arms out and down
Hallowed
 Cross wrists in front
be Thy name
 Arms out to sides, bend and waist, arms overhead; flat back down
- 10) **Thy Kingdom come**
Runner
Thy will be done
Altar
On earth
 Knees, chest and chin to mat
as it is in heaven
 Glide up into the **Vine**
- 11) **Give us this day**
 Kneeling **Rainbow** one side, touch fingertips to mat on one side, opposite hand overhead, palm up, look up
Our daily bread
 Repeat on other side
- 12) **And forgive us our trespasses**
 Cross arms at chest. Come up into **Tent**
As we forgive those who trespass against us
 Walk hands back toward feet and then round up into a reverse
Prayer Shawl
- 13) **And lead us not**
 Walk forward, R-Knee up, swing arms R, L-Knee up, swing arms L
into temptation
 R-Knee up, swing arms R, L-Knee up, swing arms L
But deliver us from evil
 The **Fearless One** (feet together, round back, arms forward, interlace fingers, press palms outward)
- For Thine**
 The **Eagle**
is the Kingdom
 Step boldly into the **Star** on one side

And the power

The **Star** on the other side

And the glory

The **Reed**

Forever.

Arms glide out to sides and lower, palms up.

Amen

Halfway down, turn palms down, coming gracefully to **Mt Zion**

PraiseMoves Postures:

Mt Zion

Runner

Altar

Vine

Rainbow

Tent

Prayer Shawl

Fearless One

Eagle

Star

Reed

The Lord's Prayer – Matthew 6:9 –13 KJV

By Laurette Willis, Modified Version by Nola Jeanne Baird, CPI

- 9) **Our Father**
Mt Zion then palms up, arms front, out to sides
Who art in heaven
 Arms up, palms up
Hallowed by Thy name
 Bend then straighten knees, arms reach down, wrists cross front
- 10) **Thy Kingdom come**
Angel (R-leg back)
Thy will be done
Angel (L-leg back)
On earth as it is in heaven
 Standing **David's Harp**
- 11) **Give us this day**
Rainbow (right), touch left fingertips to the mat)
Our daily bread
Rainbow (right), touch left fingertips to the mat)
- 12) **And forgive us our trespasses**
Prayer Shawl
As we forgive those who trespass against us
Prayer Shawl (slowly roll up into **Mt Zion**)
- 13) **And lead us not**
 R-Knee up, swing arms R
into temptation
 L-Knee up, swing arms L
But deliver us from evil
 The **Fearless One** (feet together, round back, arms forward, interlace fingers, palms outward)
For Thine
 The **Eagle**
Is the Kingdom
 Boldly step up into the **Star** – step R
And the power
 The **Star** – step L
And the glory
 The **Reed**
Forever. Amen
Mt Zion

PraiseMoves Postures: Mt Zion, Angel, Standing David's Harp, Rainbow, Tent, Prayer Shawl, Fearless One, Eagle, Star, Reed

Healing Scripture Affirmation Sequence – Rom 8:2, 11

By Nola Jeanne Baird, CPI

2) I activate and call to life

Little Child

The law of the Spirit of Life in Christ Jesu

Dove (L-leg back)

Which has made me free

Kneeling Hey

From the law of sin and death

Kneeling Kuf

11) The same Spirit

Dove (R-leg back)

That raised Christ from the dead

Kneeling Cross

Dwells in me

Flapping Tent (inhale)

Therefore His life is permeating through my veins

Flapping Tent (exhale, inhale, exhale)

Sending healing

Tent (inhale)

Throughout my whole body

Reverse **Prayer Shawl** → **Mt Zion**

PraiseMoves Postures:

Little Child

Dove

Kneeling Hey

Kneeling Kuf

Kneeling Cross

Flapping Tent

Tent

Reverse Prayer Shawl

Mt Zion

**I Corinthians 6:19 – 20 Scripture Sequence
Modified Version**

By MaryAnn Haslett, CPI

- 19) **Or do you not know**
Kuf
that your body is the temple
Tree (R-Leg up)
of the Holy Spirit
Eagle
who is in you
Vav
whom you have from God
Standing Cross
and you are not your own
Chair
- 20) **for you were bought at a price**
Standing Cross
therefore glorify God
Yadah
in your body
Tree (L-leg up)
and in your spirit
Standing Cross
which are God's
Yadah

PraiseMoves Postures:

Kuf
Tree (R-Leg up)
Eagle
Vav
Standing Cross
Chair
Yadah

Colossians 1:9-14 Scripture Sequence
A Daily AFFIRMATION by NolaJeanne Baird, CPI

- 9) **I am filled with the knowledge of His will**
Reed into **Kuf** ("knowledge...")
in all wisdom and spiritual understanding;
Double-Edged Sword (R-foot front) into **Eagle** ("understanding")
- 10) **that I may walk worthy of the Lord, fully pleasing Him,**
Double-Edged Sword (L-foot front) into **Eagle** ("fully...")
being fruitful in every good work
Tree (L-leg up)
and increasing in the knowledge of God;
Rainbow (L-arm; Advanced)
- 11) **I am strengthened with all might,**
Zayin (look Left) then step Left into **Star** ("all might")
according to His glorious power,
Zayin (look Right) then step Right into **Star** ("glorious power")
for all patience and longsuffering with joy;
Rainbow (R-arm; Advanced)
- 12) **giving thanks to the Father who has qualified me**
Tree (R-leg up)
to be a partaker of the inheritance of the saints in the light.
Reed into **Standing Cross** ("inheritance...")
- 13) **He has delivered me from the power of darkness**
Prayer Shawl (roll down)
and conveyed me into the kingdom of the Son of His love,
Prayer Shawl (roll up into **Standing Cross** ("Son..."))
- 14) **in whom I have redemption through His blood,**
Shalom
the forgiveness of sins.
Yadah

PraiseMoves Postures:

Reed	Kuf
Double-Edged Sword	Eagle
Tree	Rainbow
Zayin	Star
Standing Cross	Prayer Shawl
Shalom	Yadah

Col 3:1-4 Scripture Sequence

By Nola Jeanne Baird, CPI

- 1) **If then you were raised with Christ,**
 The **Vine**
Seek those things
 Little Child
Which are above,
 Kneeling **Hey**
Where Christ is, sitting at the right hand of God.
 Modified Cross (R-arm up)

- 2) **Set your mind**
 Modified Dove (R-leg back; arms front resting on mat; forehead touching mat)
On things above,
 Look up while pressing up off forearms; hands on mat – still in
 Modified Dove
Not things on the earth.
 Kneeling Kuf (sweep arms back, up, then in position for **Kuf** while coming up onto knees)

- 3) **For you died,**
 Modified Dove (L-leg back; arms front resting on mat; forehead touching mat)
And your life
 Look up while pressing up off forearms; hands on mat – still in
 Modified Dove
is hidden with Christ in God.
 Modified Cross (L-arm up)

- 4) **When Christ**
 Sit; legs crossed
who is our life appears,
 Seated Rainbow
Then you also will appear
 Seated Rainbow (other side)
With Him in glory.
 Seated Yadah

PraiseMoves Postures:

Vine Kneeling Hey Modified Dove Kneeling Kuf	Little Child Modified Cross Seated Rainbow Seated Yadah
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