

Foods4BetterHealthZoe Saldana, Avatar Actress, Follows Yoga for Healthy Mind and ...Foods4BetterHealthZoe Saldana's kids are an important part of her life. After having twin boys in 2014, Bowie and Cy, yoga has become a part of her post-baby exercise plan. Avatar actress Zoe Saldana works with yoga instructor Arielle McFadden twice a week. McFadden ...

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