

By: Urgent News Staff, -

## [Gwyneth Paltrow, Apple And Yoga](#)

*Beautiful actress Gwyneth Paltrow decided to teach her little daughter, Apple, yoga.*

Beautiful actress Gwyneth Paltrow decided to teach her little daughter, Apple, yoga. Paltrow, 33, bought a book called 'Little Yoga', specialized to initiate the little children in yoga's world. A source revealed: "It's a sweet little book aimed at getting small children into yoga. Gwyneth bought a copy for Apple and absolutely adored it, so she was keen to help out any way she could." Gwyneth Paltrow is a big yoga fan for many years now, confessing she meditates, eats a strict macrobiotic food to maintain her healthy lifestyle. "I eat weird health food, exercise and I meditate. I do yoga every day and I no longer eat sugar or wheat. Some people think it's weird and extreme, but you have to do something weird and extreme to balance the fact that you're living an extreme life."