



# SAVE THE DATE 18TH DEC FUNDRAISER ONLINE DANCE!!!

## TIMETABLE

COMMENCING 26TH  
OCTOBER 2020

ZOOM ID  
4265791408

### WEDNESDAYS

#### THERAPEUTIC MOVEMENT 10AM

Therapeutic movement,  
yoga, breath & medita-  
tion for all bodies

**Frankie Walker** 45 mins

#### Gentle yoga in Welsh

**6PM** Kindly working with  
the body, with curiosity,  
and through Energy  
Medicine exercises.  
Learners welcome - yoga  
and Welsh!

**Mair Jones** 45 mins

### SATURDAYS

#### CHAIR YOGA 11AM

Gentle Yoga supported  
by a chair. Suitable for  
those recovering from  
injury or returning to  
exercise after a break.

**Claire Wild**

1 hour

### MONDAYS

#### WRITING PRACTICE 6PM

Writing exercises to  
help us express  
ourselves, write and  
feel better. No  
experience needed

**Si Griffiths** 1 hour

### TUESDAYS

#### KEEP FIT 9:30AM

A mix of different  
styles of fitness. All  
bodies welcome.  
Choose your level of  
intensity!

**Orion Hart**

45 mins

### THURSDAYS

#### NATURE CONNECT 7PM

Make a deep  
connection with  
trees in your locality.

Learn their  
qualities, unique  
traits, stories, uses  
and medicinal  
properties.

Headphones  
recommended

**Milly Jackdaw/**

**Halo Quin**

1 hour

### FRIDAYS

#### 6 WEEK INNER- RESILIENCE COURSE: 6PM

Meditative tools for  
vibrancy and  
calmness in  
uncertain, difficult  
times.

**Gareth Fysh-  
Foskett**

1 hour

### SUNDAYS

#### IMMUNITY BOOST 10AM


Gentle movements for  
the body, opening the  
joints and stimulating  
the immune system to  
stay healthy

**Jenny Lampard** 1 hour

#### ALL SESSIONS ARE FREE

SIGN UP @

[www.coedlleol.org.uk/heart-mind-body-support](http://www.coedlleol.org.uk/heart-mind-body-support)

 @HMBsupport



SMALL WOODS WALES

If you would like to donate  
to CMC please visit  
[www.ecodyfi.wales/re](http://www.ecodyfi.wales/re)



# CADW'R DYDD YN RHYDD! 18FED O RHAGFYR DAWNS AR-LEIN I GODI ARIAN!!!

## AMSERLEN

**DECHRAU**  
**26 HYDREF**

**ZOOM ID**  
**4265791408**

## LIUN

**YMARFER YSGRIFENNU**  
**6YH** Ymarferion  
ysgrifennu i'n helpu ni  
i fynegi ein hunain,  
ysgrifennu a theimlo'n  
well.  
Nid oes angen profiad.  
**Si Griffiths** 1 awr

## MAWRTH

**CADW'N HEINI 9:30YB**  
Cymysgedd o wahanol  
fathau o ffitrwydd.  
Croeso i bob math o  
gorff. Dewiswch chi pa  
mor galed i ymarfer!  
**Orion Hart**  
45 munud

## MERCHER

**SYMUD THERAPIWTIG**  
**10YB.** Symud therapiwtig,  
yoga, anadl a myfyrdod ar  
gyfer pob math o gorff  
**Frankie Walker** 45 munud

**YOGA TYNER YN**  
**GYMRAEG 6 YH**  
Gweithio'n garedig gyda'r  
corff, gyda chwilfrydedd,  
a thrwy ymarferion  
'Moddion Egniol'.  
Croeso i ddysgwyr - yoga  
a Chymraeg!  
**Mair Jones** 45 munud

## IAU

**CYSWLLT NATUR 7YH**  
Gwnewch gysylltiad  
dwnf â choed yn eich  
ardal. Dysgwch eu  
rhinweddau,  
nodweddion unigryw,  
straeon, defnydd a  
phriodweddau  
meddyginiaethol.  
Argymhellir  
clustffonau.  
**Milly Jackdaw /**  
**Halo Quin** 1 awr

## GWENER

**CWRS 6 WYTHNOS**  
**GWYTNWCH. 6YH**  
Technegau  
myfyrdod ar gyfer  
bywiogrwydd a  
thawelwch mewn  
amserau anodd ac  
ansicr.  
**Gareth Fysh-**  
**Foskett**  
1 awr

## SADWRN

**YOGA CADAIR 11YB**  
Yoga ysgafn gyda  
chymorth cadair. I  
helpu'r gallu i symud,  
hyblygrwydd a chryfder.  
Yn addas ar gyfer y rhai  
sy'n gwella ar ôl anaf,  
neu'n dychwelyd i  
ymarfer corff ar ôl  
seibiant.

**Claire**  
**Wild**  
1 awr

## SUL

**HWB IMIWNEDD**  
**10YB**  
Symudiadau ysgafn i'r  
corff, sy'n agor y  
cymalau ac ysgogi'r  
system imiwnedd i  
gadw'n iach.  
**Jenny Lampard**  
1 awr

**MAE'R SESIYNAU I**  
**GYD AM DDIM**  
**COFRESTRU@**  
[www.coedlleol.org.uk/heart-mind-body-support](http://www.coedlleol.org.uk/heart-mind-body-support)  
@HMBsupport



Os hoffech rhoi arian i  
gefnogi CMC ewch i  
[www.ecodyfi.wales/re](http://www.ecodyfi.wales/re)