

TIMETABLE 2021



ZOOM ID
4265791408

COMMENCING
11TH JANUARY

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

YOGA RELAX FOR ALL 9PM

Transition to calm before going to bed using yogic tools for relaxation.

Katy Jones 1 hour

WEDNESDAYS

THERAPEUTIC MOVEMENT 10AM

Therapeutic movement, yoga, breath & meditation for all bodies.

Frankie Walker 45 mins

BEGINNERS WELSH 6PM

Fun, conversational Welsh classes to exercise your mind.

Rhys Lewis 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

INNER-RESILIENCE 6PM

Meditation to nourish the heart and mind in uncertain times.

Julia Wallond 1 hour

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

SUNDAYS

IMMUNITY BOOST 10AM

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

**Jenny Lampard/
Si Griffiths** 1 hour

ALL SESSIONS ARE FREE

SIGN UP @

<https://www.smallwoods.org.uk/en/coedlleol/what-we-do/projects/calon-meddwl-corff-heart-mind-body>

 @HMBsupport

**If you would like to donate
to CMC please visit
www.ecodyfi.wales/re**



AMSERLEN 2021



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LLUN

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

DECHRAU
11 IONAWR

MERCHER

SYMUD THERAPIWTIG 10YB.

Symud therapiwtig, yoga, anadl a myfyrdod ar gyfer pob math o gorff.

Frankie Walker 45 munud

SGWRS CYMRAEG I DDYSGWYR.6YH

Sesiynau hwyl i ymarfer eich meddwl
Rhys Lewis 45 munud

IAU

CYSWLLT NATUR 7YH

Gwnewch gysylltiad dwfn â choed yn eich ardal. Dysgwch eu rhinweddau, nodweddion unigryw, straeon, defnydd a phriodweddau meddyginiaethol. Argymhellir clustffonau.

**Milly Jackdaw /
Halo Quin** 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

YMLACIO I PAWB 9YH

ymdawelu cyn mynd i gwely gyda technegau ymlacio ioga.

Katy Jones 1 awr

GWENER

CWRS GWYTNWCH 6YH

Technegau myfyrdod i faethu'r galon a'r meddwl mewn amserau ansicr.
Julia Wallond 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 imiwneidd i gadw'n iach.

**Jenny Lampard/
Si Griffiths** 1 awr

MAE'R SESIYNAU I GYD AM DDIM COFRESTRU@

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 @HMBsupport



Os hoffech rhoi arian i gefnogi CMC ewch i www.ecodyfi.wales/re