

MONDAYS

WRITING PRACTICE 6PM SI GRIFFITHS 1 HOUR

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

TUESDAYS

YOGA IN WELSH 10AM MAIR JONES 45 MINS

Kindly working with the body with curiosity and through Energy
Medicine exercises. Learners welcome. (No class 30th March & 6th April)

GENTLE MOVEMENT & RELAX FOR ALL 9PM KATY JONES 45 MINS

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

WEDNESDAYS

THERAPEUTIC MOVEMENT 10AM FRANKIE WALKER 45 MINS

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

THURSDAYS

NATURE CONNECT 7PM MILLY JACKDAW/HALO QUIN 1 HOUR

Make a deep connection with trees in your locality. Learn their
qualities, unique traits, stories, uses and medicinal properties.
Headphones recommended.

FRIDAYS

TEEN MEDITATION 4PM GARETH FYSH-FOSKETT 45 MINS

Six week course for teens: Learn tools for inner resilience and
happiness in troubling times. practical exercises for calming
anxiety and stress, deepening peace and joy.

INNER-RESILIENCE 6PM GARETH FYSH-FOSKETT 1 HOUR

Meditation to nourish the heart and mind in uncertain times.

SATURDAYS

CHAIR YOGA 11AM CLAIRE WILD 1 HOUR

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

SUNDAYS

IMMUNITY BOOST 10AM JENNY LAMPARD/SI GRIFFITHS 1 HOUR

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

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

ALL SESSIONS ARE FREE
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Powys Association of Voluntary Organisations
Cymdeithas Mudiadau Gwirfoddol Powys

LLUN

YMARFER YSGRIFENNU 6YH SI GRIFFITHS 1 AWR

Ymarferion ysgrifennu i'n helpu ni i fynegi ein hunain, ysgrifennu a theimlo'n well. Nid oes angen profiad.

MAWRTH

IOGA YNG NGHYMRAEG 10YB MAIR JONES 45 MUNUD

Gweithio'n garedig gyda'r corff gyda chwilfrydedd a thrwy ymarferion Moddion Egni. Croeso i ddysgwyr -(dim dosbarth 30 Mars & 6 Ebrill)

YMLACIO I BAWB 9PM KATY JONES 45 MUNUD

ymdawelu cyn mynd i gwely gyda technegau ymlacio ioga.

MERCHER

SYMUD THERAPIWTIG 10YB FRANKIE WALKER 45 MUNUD

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

IAU

CYSWLLT NATUR 7YH MILLY JACKDAW/HALO QUIN 1 AWR

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

GWENER

GWYDNWCH I BOBL IFANC 4PM GARETH FYSH-FOSKETT 45 MUNUD

Cwrs chwe wythnos ar gyfer pobl ifanc yn eu harddegau: dysgu sgiliau ar gyfer gwydnwch mewnol a hapusrwydd mewn cyfnod cythryblus. Ymarferion ar gyfer tawelu pryder a straen, dyfnhau heddwch a llawenydd.

MCWRS GWYDNWCH 6YH GARETH FYSH-FOSKETT 1 AWR

Technegau myfyrdod i faethu'r galon a'r meddwl mewn amserau ansicr.

SADWRN

YOGA CADAIR 11YB CLAIRE WILD 1 AWR

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.

SUL

HWB IMIWNEDD 10YB JENNY LAMPARD/SI GRIFFITHS 1 AWR

Symudiadau ysgafn i'r corff, sy'n agor y cymalau ac ysgogi'r system imiwnedd i gadw'n iach.

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

MAE'R SESIYNAU I GYD AM
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COFRESTRU@

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SMALL WOODS WALES


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