



# TIMETABLE

COMMENCING 14TH  
SEPTEMBER 2020

ZOOM ID  
4265791408

## WEDNESDAYS

### 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

## THURSDAYS

### NATURE CONNECT 1PM

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

## SUNDAYS

### IMMUNITY BOOST 10AM

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

**Jenny Lampard**  
1 hour

## TUESDAYS

### KEEP FIT 10AM

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

**Jess Herman**  
45 mins

## FRIDAYS

### 6 WEEK TOOLKIT - 'INNER RESILIENCE FOR CHALLENGING TIMES' 6PM


Come for one, or complete the course; skills to cope and thrive in these times through mindfulness and meditation.

**Julia Wallond /  
Gareth Fysh-Foskett**  
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





## AMSERLEN

**DECHRAU 14EG  
MEDI**

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### MERCHER

#### **YOGA TYNER YN GYMRAEG 6 YH**

Gweithio'n garedig gyda'r corff, gyda chwilfrydedd, a thrwy ymarferion Moddion Egni. Croeso i ddysgwyr - yoga a Chymraeg!  
**Mair Jones**  
45 munud

### 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

### 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

### IAU

#### **CYSWLLT NATUR 1YH**

Gwnewch gysylltiad dwfn â choed yn eich ardal. Dysgwch eu rinweddau, nodweddion unigryw, straeon, defnyddiau a'u priodweddau meddyginiaethol. Argymhellir clustffonau  
**Milly Jackdaw / Halo Quin** 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

### MAWRTH

#### **CADW'N HEINI 10YB**

Cymysgedd o wahanol arddulliau ffitrwydd. Croeso i bob math o gorff. Dewiswch chi pa mor galed i ymarfer!  
**Jess Herman**  
45 munud

### GWENER

#### **TACLAU 6 WYTHNOS- HUNAN -GWYTNWCH MEWN AMSERAU HERIOL. 6YH**

Dewch am un, neu'r cwrs gyfan. Sgiliau i ymdopi ac i ffynnu yn yr amserau hon, trwy ymwybyddiaeth ofalgar a myfyrdod.  
**Julia Wallond / Gareth Fysh-Foskett**  
1 awr

#### **MAE'R SESIYNAU I GYD AM DDIM COFRESTRU@**

[@HMBSSUPPORT](http://WWW.COEDLLEOL.ORG.UK/HEART-MIND-BODY-SUPPORT)

