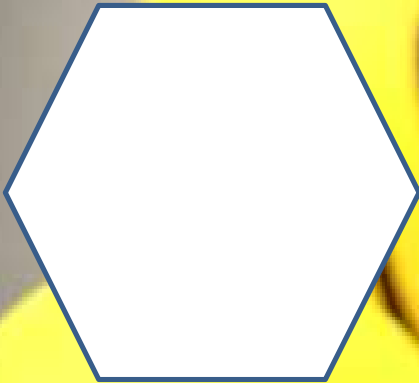


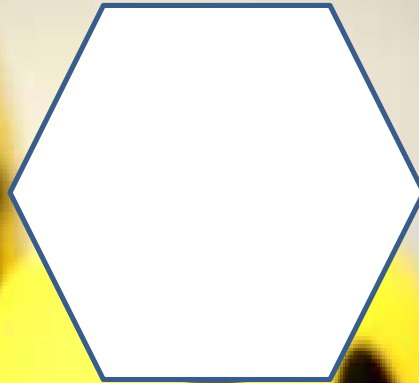
Ail-ymweld â'r 5 ffynnon

Beth ydych chi wedi rhoi cynnig arni i helpu i adeiladu'ch gwydnwch a gwella eich lles yn ystod y 2 wythnos ddiwethaf?

Ysbrydol



Corfforol



Emosiynol



Deallusol



Creadigol

