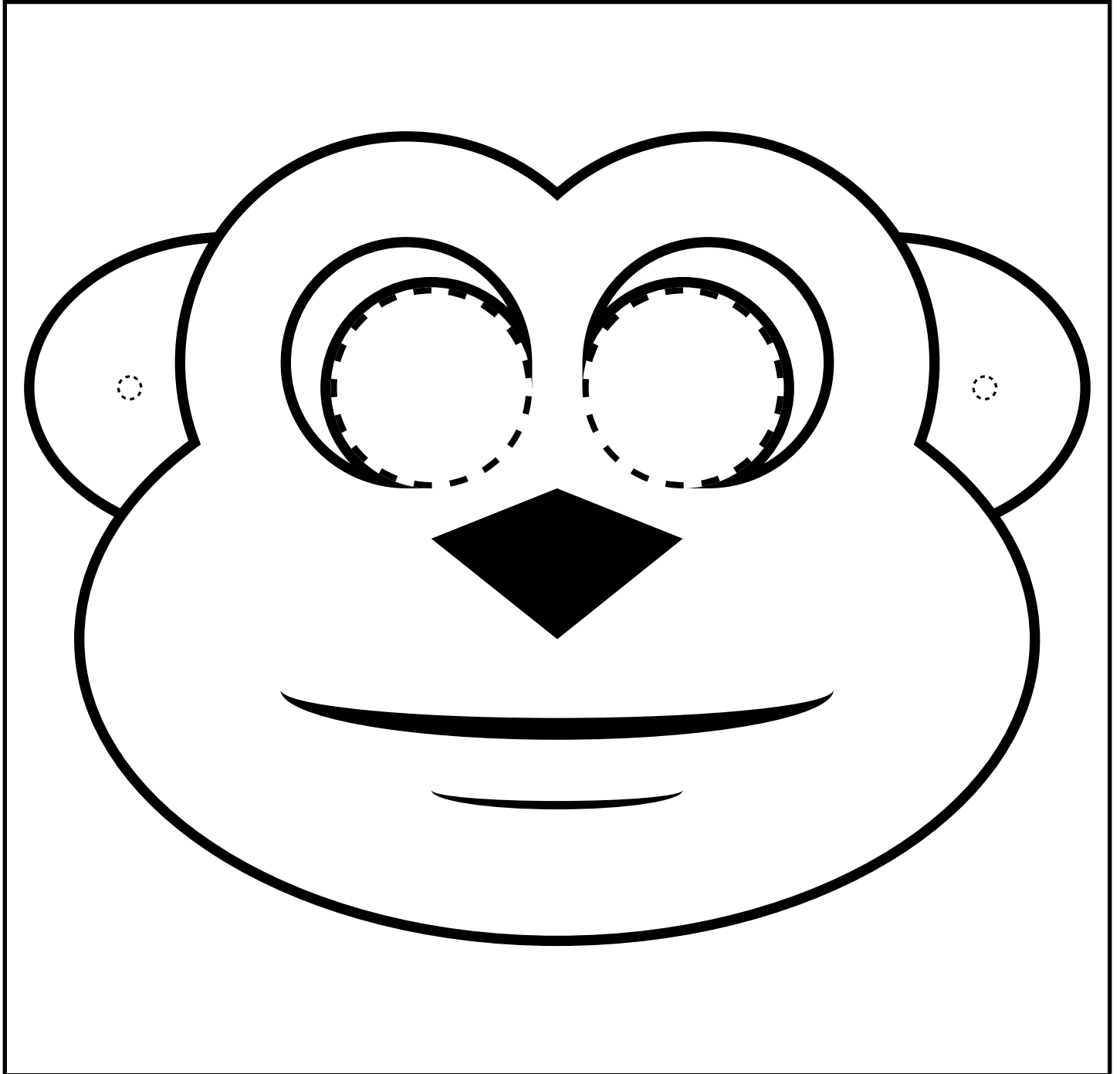


# Oriel Everywhere // Oriel O Gwmpas:

Oriel  
Myrddin  
Gallery

## 5 Ways to Wellbeing Podcast

*Be Mindful with the Mysterious Meerkats.*



One of the 5 ways is to pay attention to the present moment. You can listen to our 'Mysterious Meerkats' podcast, focus on the music and colour in your mask to practice some mindfulness!

Un o'r 5 ffordd yw talu sylw yn yr eiliad bresennol. Gallwch wrando ar ein podlediad 'Mysterious Meerkats', canolbwyntiwch ar y gerddoriaeth a lliwiwch eich gorchudd wyneb i ymarfer ychydig o ymwybyddiaeth ofalgar!