



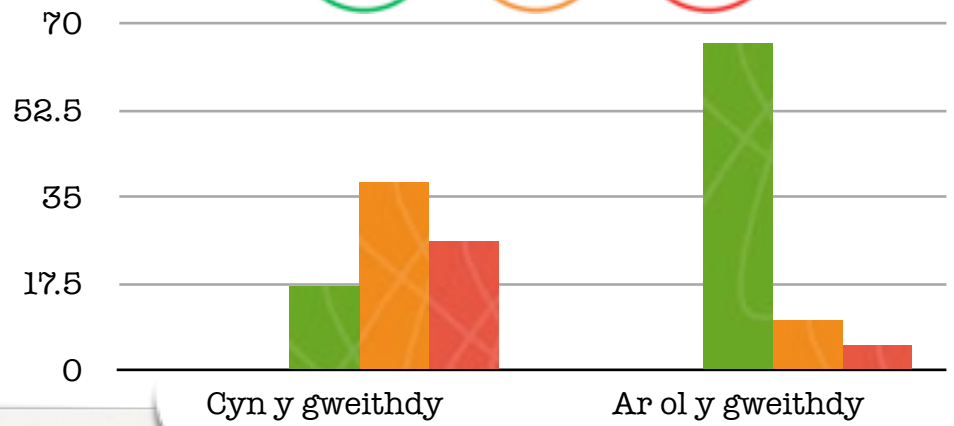
SIARTER IAITH



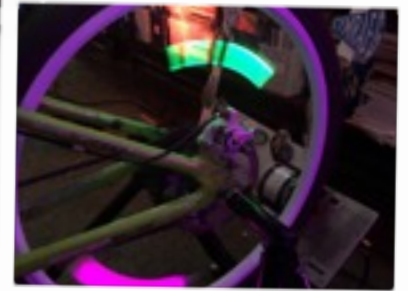
GWEITHDY
CERDDORIAETH
YSGOL PENDERYN



HOFFI CERDDORIAETH CYMRAEG?



CALAN CALFARI ALLEWIS BRYNFON
NEILROSSER MAHARISHI BALDANDE
MEICSTEVENS DAFYDDIWAN ANNELEDIG
MRPHORMULA ANNELEDIG
SWAMI DJSG CANDELAS
WELSHWHISPERER EDEN MEGA
YWSGWYNEDD FFLURDAFYDD



600 kCal



60 ciwb



50 bwlb am awr



24 milltir

Gwefreiddiwch...

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