

# Portobello Massage Newsletter

April 2009

Hello!

Welcome to my April newsletter for Portobello Massage. I hope you had a happy Easter and were able to find some time for yourself.

I hope you're keeping well and enjoying the lighter nights, the spring flowers and the warmer weather. Good days are definitely coming! We've had some glorious days over Easter and it just reminds me what a beautiful place we're fortunate enough to live in. I am happy to report that the King's Road roundabout has been transformed into a beautiful, easy moving intersection.

In my last newsletter I mentioned that I was going to do some more training this month. I've been trying out some of the new techniques on clients and so far they've had rave reviews and very good results. There are more stretches, influences from eastern massage techniques, effective work on trigger points and interesting starters in myofascial release methods. Lots of new stuff to try! A client said something to me the other day that I thought you might appreciate. She said "Massage with you is like Miles Davis; it's technically brilliant but wonderfully creative. And it just flows."

You might know a lot of Spring babies (including me!). A woman came to see me the other day on her birthday for a massage and afterwards said "That's the best birthday gift I've had in a long time!" What better birthday gift than a **gift voucher** for massage? People who have had gift vouchers say that they appreciated the thoughtfulness of the gift giver, enjoyed the anticipation of something good in their future and then really enjoyed the massage - an all-around winner!

This month's positive thoughts come from a poem. According to her website, the author prefers her name be left out.

## Sometimes

Sometimes things don't go, after all,  
from bad to worse. Some years, muscadell  
faces down frost; green thrives; the crops don't fail,  
sometimes a man aims high, and all goes well.

A people sometimes will step back from war;  
elect an honest man; decide they care  
enough, that they can't leave some stranger poor.  
Some men become what they were born for.

Sometimes our best efforts do not go  
amiss; sometimes we do as we meant to.  
The sun will sometimes melt a field of sorrow  
that seemed hard frozen: may it happen for you.

Ok, the joke makes a return. In the vein of 'laughter is the best medicine', here is a humble offering:

A manager brings a dog into a nightclub to work. The dog is a brilliant piano player. He plays all the standards. He's sitting there, pounding out the tunes, when all of a sudden, a big dog comes in and drags him out. The nightclub owner asks, "What happened?" The manager says, "That's his mother. She wants him to be a doctor."

Please **pass this newsletter on** to someone you know who might appreciate it. It may be just the thing to brighten their day! Who are you going to send it to?

I hope you've enjoyed this newsletter and look forward to seeing you soon for a massage.

Enjoy,

*Ann Milović*

[www.portobellomassage.com](http://www.portobellomassage.com)

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