

Portobello Massage Newsletter

April 2011

Hello there!

Welcome to the April edition of the Portobello Massage Newsletter!

What a difference a month and an hour can make. Last month we were all looking for signs of spring and now we know that spring is definitely here. The clocks changing has also made a huge difference. It's still light at 7.30 and the days feel so much lighter and spacious.

Your friendly neighbourhood massage therapist has been rather busy since the last installment of this newsletter. In early March I went down to Brighton to sit the final exams for the Certificate in Advanced Clinical Massage. The exams were tough but I now really appreciate all the studying that went into taking them. It's made a big impact on my practice and I can confidently say I'm a better massage therapist for having taken them.

Reviews

Here are some of the kind things people have said to me in the past month. Perhaps one of them has some resonance with you.

'It's such a relief to come here and describe symptoms, find out that you know what might be causing the problem and then have it treated. Thank you.'

'That ache around my knee has eased quite a bit since my last massage.'

'That was an invigorating massage. I feel ready for spring!'

'Thank you for a fantastic massage once again, your hands are truly magic!'

Please remember that **gift vouchers** are always a popular gift, especially for **Mother's Day and Easter!** I also know of a lot of **birthdays** in April. No calories, no tired clichés, just a great gift of relaxation and wellbeing.

Positive thoughts

'Hope sleeps in our bones like a bear waiting for spring to rise and walk.' - Marge Piercy

'It is only possible to live happily ever after on a daily basis.' - Margaret Bonanno

'Change yourself, and fortune will change with you.' - Portuguese proverb

The groan-worthy jokes

Since the election season is hotting up, two very bad political jokes - I hope no one takes offence. I certainly intend no offence, however I can't speak on behalf of the Coalition in Westminster....

Have you heard about Coalition Cluedo? It's much easier to play because there's no library.

Why did Nick Clegg cross the road? Because he said he wouldn't.

Ok, back to the usual fare:

Teacher: If I gave you 2 cats and another 2 cats and another 2 cats, how many will you have?

Johnny: Seven, Sir.

Teacher: No, listen carefully. If I gave you 2 cats, and another 2 cats and another 2, how many will you have?

Johnny: Seven.

Teacher: Let me put it to you differently. If I gave you 2 apples, and another 2 apples and another 2, how many will you have?

Johnny: Six.

Teacher: Good. Now if I gave you 2 cats, and another 2 cats and another 2, how many will you have?

Johnny: Seven!!!

Very angry Teacher: Where do you get seven from?!?!?

Very angry Johnny: Because I've already got a cat at home!!!

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under Contact.

Also, I've finally caught up with the modern world and now have a page on Facebook - just look up Portobello Massage from your home page (or click [here](#)) then click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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

Enjoy!

Ann Milović

www.portobellomassage.com

07854 916 847