

Portobello Massage Newsletter

April 2012

Dear lovely Clients

Welcome to the April 2012 edition of the Portobello Massage Newsletter! The clocks have changed, the days are getting noticeably longer and spring actually arrived (and then took a little rest). It's a great time to take stock of how the year has gone so far and decide what we would like to do with the rest of the year.

A client the other day joked that she was delicate, as delicate as a peach. Would it be so awful if we treated ourselves, from time to time (let's not get carried away) as if we were as delicate as a peach? I know sometimes we have to push ourselves hard, that we all have deadlines and work that needs to get done, but we don't have to live like that all the time. A little gentle handling can go a long way.

I was speaking to a friend and saying that sometimes I feel unqualified to help some clients because I don't have a counseling background. My friend said that I underestimate the power of listening, the power of being heard. This really struck a chord with me and I hope it strikes a chord with you. We can all listen a bit more.

Related to this, a new book has been released that has sparked discussion about introversion. Here's a link to a TED talk with the author - http://www.ted.com/talks/susan_cain_the_power_of_introverts.html - I've been nurturing my inner introvert since I first saw it.

Stretch of the Month!

This month's stretch is the one I teach people most often. It's for the quadratus lumborum, a lovely little muscle that connects the top of the hip (the iliac crest) to the bottom rib. It's located under some pretty big, powerful muscles but trigger points in the quadratus lumborum can often be the cause of lower back pain.

Stand with your back approximately 12 inches away from a wall.

Take a deep in breath and on the out breath twist the upper body to place both palms on the wall - or as far as you can twist.
Don't be macho - just go as far as you can on that day.

Hold the twist for a count of 15 to 20 seconds.
Repeat on the opposite side.

Please try it and let me know how you get on. This is the fourth time we've had a stretch of the month. Please remember that if you're interested in looking up the previous stretches, they can all be found in the newsletters in the contact section of the Portobello Massage website - <http://www.portbellomassage.com/>.

Positive thoughts

All of this month's quotes come from Eleanor Roosevelt. She's such a dame!

'A little simplification would be the first step toward rational living, I think.'

'As for accomplishments, I just did what I had to do as things came along.'

'Do what you feel in your heart to be right - for you'll be criticized anyway. You'll be damned if you do, and damned if you don't.'

'Never allow a person to tell you no who doesn't have the power to say yes.'

'Friendship with ones self is all important, because without it one cannot be friends with anyone else in the world.'

'I once had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: no good in a bed, but fine up against a wall.'

The groan worthy joke

It was Palm Sunday but because of a sore throat, 5 year old Craig stayed home from church with a babysitter. When the family returned home, they were carrying several palm fronds.

Craig inquired as to what they were for.

'People held them over Jesus' head as he walked by,' his father responded.

'Wouldn't you just know it?' Craig complained, 'the one Sunday I don't go and he shows up.'

Thanks Stewart and James

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. Please remember that [gift vouchers](#) are always a popular gift, especially with Orthodox Christmas coming up.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage facebook page, available here - <https://www.facebook.com/pages/Portobello-Massage/113986212000675?ref=ts>.

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

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