

# Portobello Massage Newsletter

April 2014

Dear lovely Clients

Hello and welcome to the April edition of the Portobello Massage Newsletter! Those of you who have seen me in the last week or so know that my bike, my trusty steed, has been stolen from the stair. That's pretty lousy. The theft, however, has exposed people's generosity. In the 10 days since it was stolen, I have been offered four bikes for free - free! They've all been good bikes and none the right size but that doesn't matter so much. The generosity has been amazing.

If you have a bike, I encourage you to get on it and take it for a spin. The weather has been picking up, the days are getting longer and there's nothing quite like being on a bike in spring!

## Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you and me. The first eight tips were (1) have some good mood food, (2) exercise, (3) socialise without alcohol, (4) spend time laughing, (5) Live Well, (6) Take a Break, (7) Volunteer and (8) Support Network.

## Tip Number Nine: Remember the Good.

It can be easy to let the bad things overshadow your day and forget the little things that make you smile, especially when times are tough. Try to **get into the habit of ending your day on a positive note**. Before you go to bed, write down the good things that have happened to make you smile.

## Positive thoughts

"You know, bicycling isn't just a matter of balance," I said. "It's a matter of faith. You can keep upright only by moving forward. You have to have your eyes on the goal, not the ground. I'm going to call that the Bicyclist's Philosophy of Life." - Susan Vreeland

"My two favourite things in life are libraries and bicycles. They both move people forward without wasting anything. The perfect day: riding a bike to the library." - Peter Golkin

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking." - Sir Arthur Conan Doyle

"Bicycle means simplicity and simplicity means happiness!" - Mehmet Murat ildan

"Every time I see an adult on a bicycle, I no longer despair for the future of the human race." - HG Wells

## The groan worthy jokes...

"Marriage is a wonderful invention: then again, so is a bicycle repair kit." - Billy Connolly

"When I was a kid I used to pray every night for a new bicycle. Then I realised that the Lord doesn't work that way so I stole one and asked Him to forgive me." - Emo Philips

"The city needs a car like a fish needs a bicycle." - Dean Kamen

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.

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](#).

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

Enjoy!

*Ann Milović*

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847