

# Portobello Massage Newsletter

April 2017

Hello lovely clients!

I hope you're well and thriving.

How did it get to be April? And we've had two whole weekends of lovely weather. I think the universe is conspiring to bring us (whisper it) \*spring\*. And as I continue to develop my photography, I've been falling more deeply in love with light. The changing of the clocks and the increased light at the end of the day never ceases to amaze me. The trees are budding, the flowers are blooming and the world is coming to life again after a long hibernation. Hurrah!

## Positive Thoughts

"The way to get started is to quit talking and begin doing." - Walt Disney

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." - Albert Einstein

"Don't worry about being worried. You're heading out on an adventure and you can always change your mind along the way and try something else." - Tracy Kidder

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford

"Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy." - Sarah Ban Breathnach

## Groan-worthy Jokes

1. What did the Buddhist ask the hot dog vendor?  
"Make me one with everything."
2. You know why you never see elephants hiding up in trees?  
Because they're really good at it.
3. Why aren't koalas actual bears?  
The don't meet the koalafications.
4. What do you call bears with no ears?  
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5. I went in to a pet shop. I said, "Can I buy a goldfish?" The guy said, "Do you want an aquarium?"  
I said, "I don't care what star sign it is."
6. I waited and stayed up all night and tried to figure out where the sun was.  
Then it dawned on me.

*(That last one is so bad!)*

I look forward to seeing you soon!

*Annie Milović*

Advanced Clinical Massage Therapist

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

m: 07854 916 847