

Portobello Massage Newsletter

August 2012

Dear lovely Clients

Welcome to the August edition of the Portobello Massage Newsletter! As I write this the sun is shining, it's warm outside and I'm reminded of the day I started this newsletter nearly four years ago on the opening day of the Beijing Olympics. A lot has happened in the last four years. My little massage practice has grown and flourished and I'd like to extend a heart-felt thank you to all the clients and all the soon-to-be clients who have encouraged me along the way. Together we're not winning gold medals or breaking world records, but in our own little way we're all contributing to a happier, healthier and more whole society. Thank you!

Stretch of the Month!

In honour of Chris Hoy and his well-developed quadricep muscles, we're going to go back to basics for this month's stretch. The quads are the four muscles on the tops of the thigh and I'll betcha Chris stretches them before and after every race he does.

Stand or sit on the edge of a chair (don't stand on the edge of a chair). Bend the knee and bring the lower leg upwards. On the in breath, grasp the ankle with the hand. On the out breath, lift the heel toward the buttock and extend the thigh and hip as far backwards as possible. Tilt the pelvis to avoid excessive arching of the lower spine. Hold this position for a count of 10 to 15. Keep breathing! Do on the other side and repeat both sides.

Please give it a go - and please let me know if the description is helpful and worked for you.

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.

Positive thoughts

"I don't know the key to success, but the key to failure is to try to please everyone" ~ Bill Cosby

"May I live this day compassionate of heart, clear in word, gracious in awareness, courageous in thought, generous in love" ~ John O'Donohue

"A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behaviour is patience and moderation." ~ Moliere

The groan worthy jokes...

The following are paraprosookians, which is apparently a figure of speech in which the final word or phrase is unexpected and often humorous.

1. Where there's a will, I want to be in it.
2. The last thing I want to do is hurt you. But it's still on my list.
3. Since light travels faster than sound, some people appear bright until you hear them speak.
4. If I agreed with you, we'd both be wrong.
5. We never really grow up, we only learn how to act in public.
6. War does not determine who is right – only who is left...
7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
8. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.
9. To steal ideas from one person is plagiarism. To steal from many is research.
10. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.

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

www.portbellomassage.com

07854 916 847