

Portobello Massage Newsletter

August 2014

Dear lovely Clients

Hello and welcome to the [August](#) edition of the Portobello Massage Newsletter!

Haven't we had a lovely summer so far? The weather has been the best since I moved to Scotland 15 years ago, the Commonwealth Games seem to be fabulous (whatever one thought of the opening ceremony) and people I meet seem to be in a generally good mood. There are certain some horrible things going on in the world that seem beyond our control but we can make the world a brighter, sunnier place by how we conduct ourselves. I find that a smile from a stranger can have an uplifting effect - and we can all smile at someone new today. If nothing else, they'll wonder what we're up to!

Positive thoughts

"Nothing diminishes anxiety faster than action." ~ Walter Anderson

"You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens." ~ Mandy Hale

"To live a creative life, we must lose our fear of being wrong." ~ unknown

"Never limit yourself because of others' limited imagination; never limit others because of your own limited imagination." ~ Mae Jemison

The groan worthy jokes...

Q. What do you call a fake noodle?

A. An Impasta

Q. What happens is you eat yeast and shoe polish?

A. Every morning you'll rise and shine!

Q. Why are pirates called Pirates?

A. Because they arrrr!

Q. What do lawyers wear to court?

A. Lawsuits

Q. What did the femur say to the patella?

A. I kneed you.

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!

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