

Portobello Massage Newsletter

December 2012

Dear lovely Clients

Hello and welcome to the December edition of the Portobello Massage Newsletter!

Here we are, nearly the end of the year and what a year it has been. I know that this time of year can be busy, stressful and sometimes distressing but please, lovely clients, please take a little time out now and again just to breathe and be rather than do. It makes everything else easier and more enjoyable.

Massage vouchers make a great gift with no calories or heavy carbon footprint! Ok, herein ends the heavy sales pitch. :)

This year I've featured a stretch of the month - please see below. Clients have said that they've enjoyed them and try them out every month. I'm wondering what you might like to see more of next year. What would be helpful? If you have any thoughts or suggestions, I'd be pleased to hear from you. In the meantime, on to that stretch...

Stretch of the Month!

Inspired by a client this week, a good stretch for the pectoralis muscles - those lovely muscles of the chest that help draw the arm across the body. They often get 'locked short' because the corresponding muscles of the back (often the rhomboids) get 'locked long'. Either way, our muscles are designed to move freely, not to be locked or stuck or stiff. Give 'em a stretch!

On an in breath, firmly place the palms of your hand on each side of a doorway at ear level. On the out breath, stretch the body through the outstretched arms, opening the chest and front shoulder region. It is essential that the stretch is strong enough to pull the shoulder blades together. Hold the stretch for 15 to 20 seconds and continue to breathe normally. Please repeat a few times.

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

Remember the five simple rules to be happy:

1. Free your heart from hatred - Forgive.
2. Free your mind from worries - Most never happen.
3. Live simply and appreciate what you have.
4. Give more.
5. Expect less from people but more from yourself.

And another list. A friend of mine was a scout and often quotes Law Number 6 to me, and I thought it was worth sharing.

The Scout Law

1. A Scout is to be trusted.
2. A Scout is loyal.
3. A Scout is friendly and considerate.
4. A Scout belongs to the worldwide family of Scouts.
5. A Scout has courage in all difficulties.
6. A Scout makes good use of time and is careful of possessions and property.
7. A Scout has self-respect and respect for others.

The Scout Motto

Be Prepared

The groan worthy jokes...

A man in Scotland, who had always been proud of his tastefully decorated house, calls his son in London the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are painting the house pink. Forty-five years of doing what everybody expects, according to Town and Country, is enough."

'Dad, what are you talking about?' the son screams. 'You will be the laughingstock of the neighbourhood! You'll never be able to sell it when you want to move away!'

"We can't stand the conformity any longer" the father says. "We're sick of it and I'm sick of talking about it, so you call your sister in Leeds and tell her."

Frantically, the son calls his sister, who explodes on the phone. "Like hell they're doing this!" she shouts, "I'll take care of it!"

She calls Scotland immediately, and screams at her father "You are NOT doing this! Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. 'Sorted! They're coming for Christmas - and they're paying their own way.'

Thanks Stewart!

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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