

# Portobello Massage Newsletter

December 2015

Dear lovely Clients

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

It's getting to be busy out there. A client came yesterday after a long absence and commented how she had forgotten how good a massage can be because she's out of the habit. We often find it easy to fall out of good habits like eating a healthy diet at times of stress, but it's worth remembering that we can easily pick up the healthy habits again.

Whatever you do at this time of year, be it Christmas or Hanukah or any other tradition, I wish you peace and goodwill. And roast potatoes because everything is better with roast potatoes. I hope to see you soon!

## Positive Thoughts

With all that is going on in the world, sometimes it's hard to keep a hold of positive thoughts. I find it helpful at this time of year to recall the words of Jon Kabat-Zinn:

Until you stop breathing, there's more right with you than wrong with you.

Just stopping, is a radical act of sanity and love.

You can't stop the waves, but you can learn to surf.

## The groan worthy jokes...

Saw someone fishing yesterday and asked him "what is biggest fish you've ever caught?" He replied, "Have you ever seen the film Jaws? Well it was about the same size as the box the DVD comes in."

What do you call a fish with no eyes? A fsh.

Two parrots on a perch ... one says to the other, "Do you smell fish?"

Where do you find a crab with no legs? Where you left it!

A mollusc walks over to a sea cucumber and says, "With friends like these, who needs anemones?"

There are two pets in a living room, a goldfish and a cat. Which one's in the army? The one in the tank!

There was a big fight at my local chip shop. Three fish got battered.

Two goldfish in tank. One says to the other, "Can you drive this thing?"

Why did the sand blush? Because the sea weed.

A policeman sees a man walking along the road carrying a seal. "Where did you find that?" he asks. "I found him washed up on the beach," the man replies. "Well, in that case," says the policeman, "I suggest you take him to the Zoo." "Okay," says the man, and walks off. Next day, the policeman sees the same man carrying the same seal. "I thought I told you to take that seal to the Zoo?" he asks. "Oh, I took him there yesterday," the man replies. "I'm taking him to the fairground today".

Please remember to **pass this newsletter on** to someone you know who might enjoy it. Maybe together we can help someone smile!

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

Warm wishes,

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