

Portobello Massage Newsletter

December 2016

Hello lovely clients!

Welcome to **December** and the Portobello Massage newsletter. I wish you a happy winter solstice, Hanukkah and Christmas when they come!

I'm not sure where this year has gone. Many have called for the year to be over due to the loss of beloved artists, referendum and election results many of us didn't wish for. If we're able to be present, we can enjoy the people around us, the crispness in the air and the quality of light at this time of year.

Positive Thoughts

I try to find positive thoughts every month to share with you. Often I choose well known philosophers or writers. This month's quotations are all from the same author who was one of the first who made me want to read. Ladies and Gentlemen, I present to you Dr Seuss!

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where to go..."

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

"Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's not."

"Why fit in when you were born to stand out?"

"You'll miss the best things if you keep your eyes shut."

"It's opener, out there, in the wide, open air."

"ASAP. Whatever that means. It must mean, 'Act swiftly awesome pachyderm!'"

I look forward to seeing you soon!

Annie Milović

Advanced Clinical Massage Therapist

www.portobellomassage.com

m: 07854 916 847