

Portobello Massage Newsletter

February 2011

Hello there!

Welcome to the February edition of the Portobello Massage Newsletter!

February may be the shortest month in the year but can sometimes seem like the longest, especially if change seems far away. The last few weeks I've found some websites that may help you recharge your batteries so that you're raring to go come spring!

<http://www.guardian.co.uk/lifeandstyle/series/start-happy>

This site from the Guardian has all sorts of tips for getting fit for free, healthy meals and how to get a good night's sleep.

<http://www.getsomeheadspace.com/Tools/Take10>

This website is for Headspace with free lessons on learning to meditate. Lots of clients tell me they'd like to start meditating but they don't want to join a class or don't have time. This approach works on the basis of starting out with just 10 minutes a day. Might be worth a go!

<http://www.randomactsofkindness.org/extreme-kindness-challenge.html>

Lastly, this one caught my eye - an Extreme Kindness Challenge! This is a challenge to commit a random act of kindness every day for a week starting on Valentine's Day - spread the love!

Reviews

Here are some of the kind things people have said to me in the past month. Perhaps one of them has some resonance with you.

'I feel like a jigsaw puzzle with the pieces in all the wrong places. I hope you can put me back together again.'

'You really do have healing hands.'

'Working today and my arm really sore, so I've been doing the trick you showed me with my fingers pressed into my neck and it's working. Pain is easing a little. Thank you!'

'I came to see you for my massage and I was already feeling quite good. I went away feeling loads better. Result, or what? Brilliant.'

Please remember that **gift vouchers** are always a popular gift, especially for **Valentine's Day!** No calories, no tired cliches, just a great gift of relaxation and wellbeing.

Positive thoughts

What's the use of worrying? - George Asaf, British songwriter, "Pack up your Troubles"

Depend on it that if a man talks of his misfortunes there is something in them that is not disagreeable to him. - Samuel Johnson

To be challenged is good. The challenged life may be the best therapist. - Gail Sheehy

Everyone needs help from everyone. - Bertolt Brecht

The not-so-funny joke

Dear God,
All I ask for in 2011 is a big, fat bank account and a slim body.
Please don't mix these up like you did last year.

Amen.

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.

Also, I've finally caught up with the modern world and now have a page on Facebook - just look up Portobello from your home page (or click [here](#)) then click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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

Enjoy!

Ann Milović

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