

# Portobello Massage Newsletter

February 2012

Dear lovely Clients

Welcome to the February 2012 edition of the Portobello Massage Newsletter! I don't know about your tax situation, but us self-employed massage therapists have to submit a self-assessment tax return and pay our taxes. No taking it off a monthly paycheque for us! I'm fine with that. I believe in paying taxes, even as I write this and have paid what feels like an enormous amount. I've been watching 'Call the Midwife' and one of the things I like about it is that they've made a point of saying how people's health care has improved since the NHS came into force. I love the NHS and I know that my tax goes to pay for it. I know the NHS is far from perfect, but without it we would all be much poorer.

## Stretch of the Month!

Last month we worked on our trapezius muscle - that great muscle that does so very much for us but doesn't get much attention. This month we're going to work on the posterior cervical muscles at the back of the neck.

Drop the head forward, aiming the chin for the chest. Allow the weight of the head, acting with gravity, to stretch the posterior neck muscles. In doing so, the chin will reach the lowest possible level on the chest. It is important to try to avoid pulling the chin in toward the throat during this stretch.

## Positive thoughts

I heard earlier that today is 'Well Wednesday' by Breathing Space - the idea to make sure to look after one's mental health by doing something for oneself on Wednesdays. What will you do for yourself today? <http://www.breathingspacescotland.co.uk/bspace/1479.html>

## The groan worthy joke

By the time Bobby arrived, the football game had already started.

'Why are you so late?', asked his friend.

'I couldn't decide between going to church and going to the football game. So I tossed a coin,' said Bobby.

'But that shouldn't have taken so long,' said his friend.

'I had to toss it 35 times'.

The following was seen on a poster outside a Kirk in Arbroath:

Drink is your enemy!

Adjacent to this poster was another which read:

Love your enemy.

Quiz answers:

BEACON RADIO ( WOLVERHAMPTON )

DJ Mark: For 10, what is the nationality of the Pope?

Ruth from Rowley Regis: I think I know that one. Is it Jewish?

UNIVERSITY CHALLENGE

Bamber Gascoyne: What was Gandhi's first name?

Contestant: Goosey?

THE VAULT

Melanie Sykes: What is the name given to the condition where the sufferer can fall asleep at any time?

Contestant: Nostalgia.

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, especially with Orthodox Christmas coming up.

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 -

<https://www.facebook.com/pages/Portobello-Massage/113986212000675?ref=ts>

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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