

Portobello Massage Newsletter

February 2013

Dear lovely Clients

Hello and welcome to the February edition of the Portobello Massage Newsletter! I hope January has been kind to you and yours. I know it doesn't always feel it, but the days are getting a little longer and some even say that spring is around the corner. I know some snowdrops have been appearing and that is always a good sign.

I've recently come across an app (I love a good app, I do) that offers one the chance to check in with things that one might want to do every day. You can choose your own activities or choose from pre-set ones. Some people choose things that to me seem blindingly obvious like 'get up' and 'brushed my teeth' to items a bit more reflective such as 'stop and enjoy life' or 'be grateful for something or someone'. I'm intrigued by the people who have chosen 'work on secret project'. Essentially it's a daily checklist, nothing fancy, but helps focus one's intentions and actions. Next to an app, I really like ticking things off a list.

It's so easy in such a busy world and such busy lives to forget what is important to us - not to everyone else, but to one's own self. What would you like to focus on?

Handy Tip

If that was all a bit esoteric, here's a prairie perspective for you.

Always keep an edge on your knife. son. Always keep an edge on your knife.
A good sharp edge is a man's best hedge against the vague uncertainties of life.

<http://www.youtube.com/watch?v=N8YyDyap7wI>

Positive thoughts

"Life is not about waiting for the storm to pass, it's about learning how to dance in the rain." - Vivian Greene

"You can't stop the waves, but you can learn to surf." - Jon Kabat-Zinn

"The little things? The little moments? They aren't little." - Jon Kabat-Zinn

The groan worthy jokes...

A couple from Miami, Florida go to the airport to go on holiday. They see another couple all wrapped up in fur coats, hats, mitts and big boots. The wife asks the husband to ask them where they are from.

The man goes over to the couple and asks, "Where do you come from?"

The couple say, "Saskatoon, Saskatchewan".

The man goes back to his wife and his wife asks, "So, where do they come from?"

The man said, "I don't know. They didn't speak English."

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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