

Portobello Massage Newsletter

February 2014

Dear lovely Clients

Hello and welcome to the February edition of the Portobello Massage Newsletter! We made it through deep, dark January! The days are getting a little bit longer. There is a little more light and all of it is gratefully received. I have been inviting more light in to my home by lighting tea lights and other candles. They contribute to sense of cosiness which is much appreciated at this cold, dark time of year. Spring may still be some time away but by the end of this month we will have seen even greater change.

Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you and me. The first six tips were (1) have some good mood food, (2) exercise, (3) socialise without alcohol, (4) spend time laughing, (5) Live Well and (6) Take a Break.

Tip Number Seven: Volunteer

Make the most of your spare time and do something fun. Volunteering isn't just something good to write on your CV, it's a great way to make new friends, learn new skills and do something for others. There's lots you can do, from being a course rep to campaigning for a good cause. If you want to volunteer in your local community centre you should contact your local volunteer centre. More information can be found at: www.volunteerscotland.org.uk

Positive thoughts

"Attitudes are contagious. Are yours worth catching?" - Dennis Mannering

"A bad attitude is like a flat tyre. You can't go anywhere until you change it." - Unknown

"People deal too much with the negative, with what is wrong. Why not try to see positive things, to just touch those things and make them bloom?" - Thich Nhat Hanh

"There are two ways of spreading light: to be the candle, or the mirror that reflects it." - Edith Wharton

"When the world pushes you to your knees, you're in the perfect position to pray." - Rumi

The groan worthy jokes...

So this bloke says to me, "Can I come in your house and talk about your carpets?" I thought "That's all I need, a Je-hoover's witness".

I bought some Armageddon cheese today, and it said on the packet 'Best Before End...'

I phoned the local gym and I asked if they could teach me how to do the splits. He said, "How flexible are you?" I said, "I can't make Tuesdays."

"So I was getting into my car, and this bloke says to me "Can you give me a lift?" I said "Sure, you look great, the world's your oyster, go for it."

"You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine.' So that was nice."

Thanks Stewart!

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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