

Portobello Massage Newsletter

January 2013

Dear lovely Clients

Hello and welcome to the January 2013 edition of the Portobello Massage Newsletter! Be lucky! I hope this year ahead is full of everything you wish for yourself. I feel very grateful to the clients and friends I have met through massage and I'm looking forward to the continuing journey.

Here we are, a new year ahead of us like a tabula rasa. What will 2013 hold? Who knows? I do know that we can do our utmost to make it the year we want it to be. It's like that old saying - you can't win the lottery if you don't buy a ticket. I like to reflect at this time of year on the year past and what I would like to do in the coming months. I like to write them down, which somehow seems to help cement the intentions. I recommend this little video by Dr Mike Evans:

https://www.youtube.com/watch?v=rqbAsr6wN_I

While I'm at it, I will recommend this little video by Dr Evans - well worth a listen! -

<http://vimeo.com/groups/110103/videos/31467852>

One of the things I'm going to do this year is read about and write more about connections. I've long been interested in the mind-body connection and see the results of massage in people's outlooks on a regular basis. There are scientific studies that show that people who feel connected to those around them - be it in their community or in a spiritual/religious group - have better mental health. People tend to vote for people to whom they feel a connection. Disconnections often cause discomfort and dis-ease. I have no great insights to offer - yet! Please stay tuned.

Handy Tip

After your next massage or yoga or Pilates class, sit in your car and adjust the rear view mirror. You may find in the days to come that it's hard to see out of the adjusted mirror because slouching has crept in. Just sit up straight and keep holding that posture. Your body will thank you.

Positive thoughts

"One kind word can warm three winter months" ~ Japanese proverb

"Teach us delight in simple things." ~ Rudyard Kipling

"One good thing about music, when it hits you, you feel no pain." ~ Bob Marley

"The language of friendship is not words, but meanings." ~ Henry David Thoreau

The groan worthy jokes...

Did you get enough groan worthy jokes in your Christmas cracker? No? Well here are a barrelful more...

I changed my iPod's name to Titanic. It's syncing now.

When chemists die, they barium.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid. He says he can stop any time.

How does Moses make his tea? Hebrews it.

I stayed up all night to see where the sun went. Then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

They told me I had type-A blood, but it was a Typo.

PMS jokes aren't funny; period!

Why were the Indians here first? They had reservations.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

When you get a bladder infection, urine trouble.

Broken pencils are pointless.

I tried to catch some fog, but I mist.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

England has no kidney bank, but it does have a Liverpool.

I used to be a banker, but then I lost interest.

I dropped out of communism class because of lousy Marx.

All the toilets in New York's police stations have mysteriously vanished. Now the police have nothing to go on.

I got a job at a bakery because I kneaded dough.

Haunted French pancakes give me the crêpes.

Velcro - what a rip off!

A cartoonist was found dead in his home. Details are sketchy.

Venison for dinner again? Oh dear!

Thanks Ruth and Yvonne!!

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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