

Portobello Massage Newsletter

January 2015

Dear lovely Clients

Hello and welcome to the **January 2015** edition of the Portobello Massage Newsletter! I wish you and yours a wonderful 2015 filled with love, good health and laughter. And much sleep - such good medicine.

What does the year ahead hold for you? I found this quote from Neil Gaiman and I wanted to share it with you.

"May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful. And don't forget to make some art. Write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself."

Positive thoughts

"Let's be grateful to people who make us happy. They are the charming gardeners who make our souls sing." - Marcel Proust

"You will not reach love without immense gratitude in your heart." - Arnaud Desjardins

"There is beauty to be found in the changing of the earth's seasons and an inner grace in honouring the cycles of life." - Jack Kornfield

The groan worthy jokes...

1. A penguin walks into a bar. He asks the bartender if he has seen his brother. The bartender says, "I don't know. What does he look like?"
2. What do you call a snowman who plays the piano? Melton John...
3. A man walks into a bar and the bartender is a cow.
The man stares at the cow for a long while.
Finally the cow says, "What's the matter? Don't you think a cow can run a bar?"
The man says, "I just never thought the moose would sell."

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!

Ann Milović

Advanced Clinical Massage Therapist

<http://www.portobellomassage.com/>

07854 916 847