

Portobello Massage Newsletter

January 2017

Hello lovely clients!

Happy New Year! May this year ahead be filled with good health, much love and prosperity for all.

The day started here with a polar bear swim. I know they're called a loony dook in these parts, but you can take the girl out of Canada but not Canada out of the girl. Or very cold massage therapist, in this case. I highly recommend it for feeling truly alive!

Whatever you have planned for 2017, more power to your elbow!

Positive Thoughts

"One small positive thought in the morning can change your whole day." - HH the 14th Dalai Lama

"Starting today, I need to forget what's gone, appreciate what still remains and look forward to what's coming next."

"This is the beginning of anything you want."

"Life is tough, my darling, but so are you." - Stephanie Bennett Henry

Groan-worthy Jokes

If you didn't have enough Christmas crackers....

I've started dating a Jewish podiatrist. I'm in love with her footspa. - Phil Nichol

How many ears did Captain Kirk have? Three - the left ear, the right ear and the final frontier. - Ben Miller

What do you call a man who's been diagnosed with attention deficit disorder? These are good crackers, aren't they? Who bought these? - Chris Addison

Why did the turkey cross the road? It's Christmas - he should run a mile! - Stephen K Amos

Why did the atheist cross the road? So he could see both sides. - Tom Wrigglesworth

I look forward to seeing you soon!

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