

Portobello Massage Newsletter

July 2009

Hello!

Welcome to the July issue of the Portobello Massage newsletter. I don't know about you, but July always makes me think of holidays, long, lazy summer afternoons and general merriment.

Suggestion

So what do massages have to do with holidays? I had my first massage at the start of a holiday. I had arrived at my holiday destination but my head was still in my office - I just couldn't find a way of letting it go. I figured I had to do something to try to get rid of the stress or I wouldn't enjoy my holiday so I tried a massage. It made all the difference. I found that after the massage I couldn't remember what I was so het up about and the rest of the holiday floated by like a dream. If you're going on holiday but feel you have too many things to do before you go, fit in a massage and see if that helps you see your priorities differently. A massage is also a great way to extend that holiday feeling when you've come back to the office and a mountain of emails.

More training

This week I've just completed some advanced massage training. I've learned more techniques for the [neck and upper shoulder area](#), the area that the majority of my clients have tightness and stiffness. The neck and upper shoulders are areas where many people seem to store their tension. People often come to me saying that they have a literal pain in the neck and I'm looking forward to helping more people with these advanced, powerful techniques.

I've also done a course on [Table Thai massage](#) incorporating methods from floor-based Thai massage into work on a massage table. Thai massage and other eastern massage techniques emphasize moving energy (sen, chi, qi or prana) around the body rather than focussing on muscles. Why not try a Table Thai massage for something a little different?

Some clients have also found that massage is making a difference in their lives, allowing them a bit of space to think, relax and reassess. Why not give yourself or a friend the gift of massage? [Gift vouchers](#) are always a popular gift!

Reviews

People continue to say some lovely things - hurrah! One client recently said 'You always manage to find all the knots and to get rid of them. You do that so well.' Another client said 'Massage helps my body feel connected and helps me reconnect with my body. It's the cumulative effect of coming regularly for massage.'

Positive thoughts and the Jokes!

This month's positive thoughts are a bit more contemplative than usual. I hope you enjoy them.

"The simple act of reflecting, the simple act of pausing to consider, to reason, can have an impact." - Dalai Lama

"If in our daily life we can smile, if we can be peaceful and happy, not only we, but everyone will profit from it. This is the most basic kind of peace work." - Thich Nhat Hanh

"Be an appreciator of the seemingly small things in life; a smile, a kind word, a beautiful flower, a few hours of unstructured time, a laughing child, for it is the small things that become the warp and weft of the fabric of your life." - Lucy MacDonald

Ok, the joke. Here goes:

An Irishman goes for a job on a building site, and the foreman asks: "What's the difference between a joist and a girder?" "That one's easy," says the Irishman: "Joyce wrote Ulysses and Goethe wrote Faust."

Oh dear....

Please remember to pass this newsletter on to someone you know who might appreciate it. Maybe together we can help someone smile!

I hope you've enjoyed this newsletter and look forward to seeing you soon for a massage.

Enjoy!

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