

# Portobello Massage Newsletter

July 2012

Dear lovely Clients

Happy Canada Day and welcome to the July 2012 edition of the Portobello Massage Newsletter!

1st of July  
Canada Day!  
The end of the school year and the start of summer

What a good time to start something new. We have a tendency to think of New Year's resolutions or starting things in September as part of the back to school vibe, but of course we can start something new at any time. Summer is often seen as a space to take time off, and rightly so, but perhaps it can also be a time to check in with how we are physically, mentally and (whisper it) maybe even spiritually. Is everything as you would like it? If not, what steps can you take to start to change things? We all have more ability, power and influence than we think we do so perhaps this is a time to be bold.

Perhaps you might look back on your resolutions and see how they are holding up six months in. I've just looked at mine - some are on track, some achieved and some need dusting off! How's your list?

## Stretch of the Month!

Here's a stretch for those often overworked and under appreciated muscle groups, the erector spinae - a group of three muscles on each side of the spine that help us stay upright. This one is fairly well known as the cat stretch.

Get down on your hands and knees. First take a deep breath in. On the out breath, arch the back, lifting both the head and the buttocks toward the ceiling. Hold for a count of five. Then, again with the breath, round the back, aiming both the head and the coccyx (tail bone - apt) for the floor. Hold for a count of five. Alternate between these two positions three to four times.

Please give it a go - and please let me know if the description is helpful and worked for you.

Please remember that if you're interested in looking up the previous stretches, they can all be found in the newsletters in the contact section of the Portobello Massage website.

## Positive thoughts

"Optimism is true moral courage" ~ Sir Ernest Shackleton

"Everyone thinks of changing the world, but no one thinks of changing himself" ~ Leo Tolstoy

"If your luck isn't what it should be, write a 'p' in front of it and try again." - Bob Edwards

To the man who complained that riches hadn't made him happy, the monk said, 'You speak as if luxury and comfort were ingredients of happiness; whereas all you need to be really happy, my son, is something worthwhile to be enthusiastic about'.

## The groan worthy jokes...

Sorry, no terrible jokes this month but rather an article - hope you like it.

<http://www.purposefairy.com/4899/15-powerful-things-happy-people-do-differently/>

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 -

<https://www.facebook.com/pages/Portobello-Massage/113986212000675?ref=ts>

Enjoy!

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