

# Portobello Massage Newsletter

July 2014

Dear lovely Clients

Hello and welcome to the **July** edition of the Portobello Massage Newsletter! Happy Canada Day! Ok, happy day after Canada Day. :-)

Summer really feels like it's here - the kids are out of school, the traffic's a little lighter, it's not a given that a coat is needed to go outside - summer, right! I hope you're all getting a chance to take some time out and just be - not running around with a different set of competing demands, but just sitting and tuning in to yourself. It needn't take long and the more you do it the easier it is to do. I hope you hear some good things from your mind and body and that this is a replenishing season.

## Positive thoughts

In conjunction with Canada Day, this month's quotations come from Canadians.

"My life is one long curve, full of turning points." ~ Pierre Elliott Trudeau

"Be ready when opportunity comes... luck is the time when preparation and opportunity meet." ~ Pierre Elliott Trudeau

"When nothing is sure, everything is possible." ~ Margaret Atwood

"My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic and we'll change the world." ~ Jack Layton

"You miss 100% of the shots you don't take." ~ Wayne Gretzky

"A Canadian is someone who knows how to make love in a canoe." ~ Pierre Berton

## The groan worthy jokes...

Went to the corner shop - bought 4 corners.

I tried to go to the paper shop but it had been blown away.

So I met this gangster who pulls up the back of people's pants, it was Wedgie Kray.

I'll tell you what I love doing more than anything: trying to pack myself in a small suitcase. I can hardly contain myself.

A three-legged dog walks into a saloon in the Old West. He slides up to the bar and announces: "I'm looking for the man who shot my paw."

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*

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