

Portobello Massage Newsletter

June 2012

Dear lovely Clients

Happy Summer and welcome to the June 2012 edition of the Portobello Massage Newsletter! We've finally had a bit of summer and I've been assured that we're going to get some more long, lazy days.

June is always a special month to me - the culmination of the school year, the full swing of summer on the cusp, new things to try. This June I'm blessed with a visit from a dear, dear friend from Canada. We've known each other for over 20 years and whenever we meet we just pick up as though we hadn't been apart. Friendships like that can be rare, but they are so rich, so nourishing. I'm grateful to have people like this friend in my life, someone who knows me inside and out and likes me anyway!

Yes, dear reader, I'm talking about connectedness again. Let's all get a little more connected this month - perhaps to our family, our friends, our neighbours or our neighbourhood. I'm frequently amazed how much better I feel for the shortest of walks, even in the rain and the wind. Let's give it a go.

Stretch of the Month!

Ok, this month's stretch is for the Pectoralis Major, that lovely muscle right at the top of our chests, just below the clavicle. Both Pec Major and Minor help us bring the arm in towards the body and trigger points in these muscles can refer pain to the muscle itself but also into the Deltoids at the very top of the arm.

Here goes:

With the forearms placed firmly on each side of a doorway, stretch the body through the outstretched arms, opening the chest and the front of the shoulders.

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

"No act of kindness, no matter how small, is ever wasted." ~ Aesop

"Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness." ~ Leo Tolstoy

"There's no need for temples or complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." ~ Dalai Lama

"Only two days exist in the year when you cannot do anything. One is called yesterday and the other is tomorrow. But today is the best day to love, grow, do, and mainly to live." ~ Dalai Lama

The groan worthy jokes...

Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

Variation Law - If you change queues (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

Law of the Bath - When the body is fully immersed in water, the telephone rings.

Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

Law of the Result - When you try to prove to someone that a machine won't work, it will.

Law of Biomechanics - The severity of the itch is inversely proportional to the reach.

Law of the Theatre & Hockey Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.

The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.

Law of Logical Argument - Anything is possible if you don't know what you are talking about.

Brown's Law of Physical Appearance - If the clothes fit, they're ugly.

Oliver's Law of Public Speaking - A closed mouth gathers no feet.

Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.

Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better... But don't make an appointment, and you'll stay sick.

Thanks Stewart!

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>

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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