

# Portobello Massage Newsletter

March 2010

Hello there!

Welcome to the March edition of the Portobello Massage Newsletter. I'm beginning to see signs of spring and that always puts me in a good mood. I hope you're well and thriving!

## **New Year Special for new clients!**

This is the last month to take advantage of the New Year Special for new clients. If you come for a massage, the second massage will be half price! This offer only applies to brand new clients, and the first massage has to be taken before 31 March 2010. I look forward to seeing you for your first appointment very soon!

## **New Training**

In February I returned to Brighton to take a specialist advanced course on shoulder girdle pains, and it was wonderful. I've been putting the new techniques, combined with January's course on lower back pain, into practice with good results so far. Shoulder problems and lower back pain can be so annoying but needn't be. Lower back pain can be caused by many things, but do please come along to see if the problem is muscular to get you out of pain.

Next month I'll be taking a course on the leg, knee and foot - good for all those runners out there and just in time for the running season. I'll also be assisting with a lot of training and I'm really looking forward to helping other massage therapists learn new techniques.

## **Handy Tip**

This month's feature is stretching. A few clients have mentioned that they would like to do more stretches but aren't sure what to do. Here's a link to some stretches you can do at your desk.

[http://www.shelterpub.com/fitness/desk\\_stretches/stretches\\_graphic.html](http://www.shelterpub.com/fitness/desk_stretches/stretches_graphic.html)

And here are some tips for doing stretches:

1. Each stretching exercise should be maintained by the force within the body, no outside forces should contribute to your stretches.
2. Avoid stretching to injured muscles, bones or joints.
3. Do not stretch muscles that cause sharp pain or discomfort.
4. Your stretches can be done at any time of the day but offer the most benefit directly after weight training when the muscles are warm.
5. Correct stretching should feel comfortable with absolutely no pain. Pain should be avoided at all times during stretches.
6. There should be no bouncing or excessive movements during your stretching.
7. Your stretches should be performed slowly and under control.
8. Your stretches should be held constant under mild tension from 15 to 60 seconds.
9. Each stretch should be repeated 2- 3 times.
10. Perform your stretches between 3 - 5 times per week.

Future handy tips may include meditation and walking. Any feedback on this new feature or suggestions for improvements to the newsletter will be gratefully received.

## **Reviews**

Here are some of the comments clients have said this month:

'My friends have noticed that I don't complain about my back anymore. Since I started to come to you, I barely notice it. I used to judge whether or not I would do something around if I thought my shoulders could take it, but now that we've got on top of the problem and I've been coming regularly, I just do what I like.'

'I've really started to notice the cumulative effects of coming regularly for massage. Lately I've gone to London and back by train in one day and my back hasn't bothered me at all.'

'Best nights sleep in weeks last night! Felt very relaxed - thanks so much.'

Please remember that **gift vouchers** are always a popular gift, especially with Valentine's Day and Mother's Day coming up! Gift vouchers have zero calories, no cholesterol and make one's hips feel better, not worse!

## **Positive thoughts**

Everything You Do Matters  
The Ripple Effect

In a world of six billion people, it's easy to believe that the only way to initiate profound transformation is to take extreme action. Each of us, however, carries within us the capacity to change the world in small ways for better or worse. Everything we do and think affects the people in our lives, and their reactions in turn affect others. As the effect of a seemingly insignificant word passes from person to person, its impact grows and can become a source of great joy, inspiration, anxiety, or pain. Your thoughts and actions are like stones dropped into still waters, causing ripples to spread and expand as they move outward. The impact you have on the world is greater than you could ever imagine, and the choices you make can have far-reaching consequences. You can use the ripple effect to make a positive difference and spread waves of kindness that will wash over the world.

Should the opportunity arise, the recipient of a good deed will likely feel compelled to do a good deed for someone else. Someone feeling the effects of negative energy will be more likely to pass on that negative energy. One act of charity, one thoughtful deed, or even one positive thought can pass from individual to individual, snowballing until it becomes a group movement or the ray of hope that saves someone's life. Every transformation, just like every ripple, has a point of origin. You must believe in your ability to be that point of origin if you want to use the ripples you create to spread goodness. Consider the effect of your thoughts and actions, and try to act graciously as much as possible.

A smile directed at a stranger, a compliment given to a friend, an attitude of laughter, or a thoughtful gesture can send ripples that spread among your loved ones and associates, out into your community, and finally throughout the world. You have the power to touch the lives of everyone you come into contact with and everyone those people come into contact with. The momentum of your influence will grow as your ripples moves onward and outward. One of those ripples could become a tidal wave of positivity.

**The joke:**

A man is on *Who Wants to be a Millionaire* and is doing really well. He's just answered the £500,000 question and still has all three lifelines. The £1m question is: 'Who committed the great train robbery and escaped to Brazil? Was it A. Ronnie Barker, B. Ronnie Corbett, C. Ronni Ancona or D. Ronnie Biggs?

The man doesn't even think about it. He says he'll just take the money he's already won, thank you very much, final answer. The game show host and audience are astonished. Afterwards, back in the green room, the host says to the man 'I can't believe you didn't know the answer to that question - it was so easy and for a million pounds.'

The man replied, 'Oh, I knew the answer. I've just never been a grass.'

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.

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

Enjoy!

*Ann Milović*

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