

Portobello Massage Newsletter

March 2011

Hello there!

Welcome to the March edition of the Portobello Massage Newsletter! The nights are getting lighter, the temperature is creeping slowly upwards and some brave crocuses and snowdrops are showing their gorgeous colours. I reckon Spring is just around the corner...

Are you ready for Spring? With the vernal equinox coming up this month, how about **Stretching into Spring**? A lot of clients love the stretches I incorporate into most massages, but there are many more stretches I can assist you with than I can fit into a regular massage. How about coming along to stretch? Stretching generally makes everyone feel a little looser and free-er and can really help to prepare you for the better weather to come. Like an animal coming out of hibernation, a good stretching session really sets you up. Clients find that when I assist their stretch, they can get about 10-30% further than if they stretch on their own. Wouldn't it be good to feel a bit more flexible and supple, especially with better weather on the way?

Reviews

Here are some of the kind things people have said to me in the past month. Perhaps one of them has some resonance with you.

'I've stopped going to the chiropractor since I started coming to you for massage. You sort out all my niggles and I feel the benefit from massage much longer.'

'Session yesterday had a positive effect - still feeling a problem, but nothing like pain/discomfort of Thursday. So much so I had a comfortable 9 holes of golf this morning [Friday] (rain prevented 18) - no reaction, as yet, from the exercise. Will be playing again this Sunday!!'

Please remember that **gift vouchers** are always a popular gift, especially for **Mother's Day**! No calories, no tired cliches, just a great gift of relaxation and wellbeing.

Positive thoughts

"Our bodies love movement. When we stretch or dance, our bodies adjust, realign and start to become fluid with the rhythm of life. Our mood lifts and we feel more connected with the world around us. If you are feeling stuck, ready to release old energy, or eager to feel more alive, try moving your body. By giving your muscles a chance to do what they were created for, you may find that all areas of your body and your life benefit as well.

Many times we can be so busy that we forget moving our body is even an option. Some of us remain seated at our computer for hours every day or rush from task to task with robotic precision. When we are caught up in crossing items off our to-do lists, we tend to neglect all the opportunities there are to enjoy our bodies in the process of living. If this is true for you, begin looking for opportunities to move. You might try dancing or moving about freely as you clean your home, tend your garden or care for your children. If you are able to devote a set amount of time to self-care, practices such as yoga, dance, tai chi and walking are all great ways to keep your body in motion.

Imagine how freeing it would feel to trust your body's movements completely, knowing it has a perfect strength and rhythm of its own. See if you can sense your bones providing graceful support, your muscles and tendons expanding and contracting in just the right measure, your lungs changing pace to fill deeply with fresh air. Movement is a vital celebration of life. It is a way to proclaim your own existence and relish in the joy of being alive. Today, and into the future, give yourself the gift of your body in motion."

- DailyOm

And lastly, a reminder of the important things in life:

<http://www.youtube.com/watch?v=choOYBFZBVA>

The groan-worthy joke

THE PERFECT HUSBAND

Several men are in the locker room of a golf club. A mobile phone on a bench rings and a man engages the hands-free speaker function and begins to talk. Everyone else in the room stops to listen.

MAN: "Hello"

WOMAN: "Honey, it's me. Are you at the club?"

MAN: "Yes"

WOMAN: "I am at the mall now and found this beautiful leather coat. It's only £1,000. Is it OK if I buy it?"

MAN: "Sure, go ahead if you like it that much."

WOMAN: "I also stopped by the Mercedes dealership and saw the new 2011 models. I saw one I really liked."

MAN: "How much?"

WOMAN: "£390,000"

MAN: "OK, but for that price I want it with all the options."

WOMAN: "Great! Oh, and one more thing...the house I wanted last year is back on the market. They're asking £2,950,000 for it."

MAN: "Well, then go ahead and give them an offer of £2,800,000. They will probably take it. If not, we can go the extra £150,000 if it's really a pretty good price."

WOMAN: "OK. I'll see you later! I love you so much!"

MAN: "Bye! I love you, too."

The man hangs up. The other men in the locker room are staring at him in astonishment, mouths agape.

He turns and asks: "Does anyone know who this phone belongs to?"

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.

Also, I've finally caught up with the modern world and now have a page on Facebook - just look up Portobello from your home page (or click [here](#)) then click 'Like' to have more regular updates. Don't worry, I'm far too lazy to inundate you.

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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