

# Portobello Massage Newsletter

March 2012

Dear lovely Clients

Welcome to the March 2012 edition of the Portobello Massage Newsletter! The nights are getting a bit shorter, the daffodils are starting to come up and the weather's been rather lovely the last few days. March is certainly coming in like a lamb.

I saw something that really resonated with me the other day - 'A massage in time saves nine.' Regular clients say it time and again - people who look after themselves on a regular basis in small but important ways tend to weather life that bit better.

To help you do just that, here is your handy, helpful **Stretch of the Month!**

Do you ever feel tight and tense in between your shoulder blades? This is a very common complaint and has a fairly easy stretch to help tide you over between massages.

- Sit in a chair.
- Bend forward, dropping the head.
- Cross each arm over the body to grasp the opposite knee.
- Hold this position for a count of five to ten.

Please try it and let me know how you get on.

## Pause for thought

In Washington DC, at a Metro Station, on a cold January morning in 2007, a man with a violin played six Bach pieces for about 45 minutes. During that time, approximately 2000 people went through the station, most of them on their way to work.

After about four minutes, a middle-aged man noticed that there was a musician playing. He slowed his pace and stopped for a few seconds, and then he hurried on to meet his schedule.

About four minutes later, the violinist received his first dollar. A woman threw money in the hat and, without stopping, continued to walk.

At six minutes, a young man leaned against the wall to listen to him, then looked at his watch and started to walk again.

At ten minutes, a three-year old boy stopped, but his mother tugged him along hurriedly. The kid stopped to look at the violinist again, but the mother pushed hard and the child continued to walk, turning his head the whole time. This action was repeated by several other children, but every parent - without exception - forced their children to move on quickly.

At forty-five minutes: The musician played continuously. Only six people stopped and listened for a short while. About twenty gave money but continued to walk at their normal pace. The man collected a total of \$32.

After one hour: He finished playing and silence took over. No one noticed and no one applauded. There was no recognition at all.

No one knew this, but the violinist was Joshua Bell, one of the greatest musicians in the world. He played one of the most intricate pieces ever written, with a violin worth \$3.5 million dollars. Two days before, Joshua Bell sold-out a theatre in Boston where the seats averaged \$100 each to sit and listen to him play the same music.

This is a true story. Joshua Bell, playing incognito in the D.C. Metro Station, was organized by the Washington Post as part of a social experiment about perception, taste and people's priorities.

This experiment raised several questions:

In a common-place environment, at an inappropriate hour, do we perceive beauty?

If so, do we stop to appreciate it?

Do we recognize talent in an unexpected context?

One possible conclusion reached from this experiment could be this:

If we do not have a moment to stop and listen to one of the best musicians in the world, playing some of the finest music ever written, with one of the most beautiful instruments ever made ... how many other things are we missing as we rush through life?

Thanks Stewart for this and for the joke. From the sublime to the ridiculous...

## The groan worthy joke

A new minister at his first communion was so nervous he could hardly speak. Afterwards he asked an older, retired minister how he had done. The retired minister replied, 'When I am worried about getting nervous in the pulpit, I put a glass of vodka next to the water glass. If I get really nervous, I take a sip'.

The next communion Sunday the minister took this advice. At the beginning of the sermon he got nervous and took a drink. He proceeded to talk up a storm.

Upon his return to the vestry after the service, he found the following note on the door:

1. Sip the vodka. Don't gulp.
2. There are 10 commandments, not 12.

3. There were 12 disciples, not 10.
4. Jesus was consecrated, not constipated.
5. Jacob wagered his donkey. He did not bet his ass.
6. We do not refer to Jesus Christ as the late JC.
7. David slew Goliath. He did not kick the \*\*\*\*\* out of him.
8. When David was hit by a rock and knocked off his donkey, do not say 'he was stoned off his ass'.
9. The recommended grace before a meal is not 'rub-a-dub-dub, thanks for the grub. Yeeeah, God'.

Please remember to [pass this newsletter](#) on to someone you know who might appreciate it. 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*

[www.portbellomassage.com](http://www.portbellomassage.com)

07854 916 847