

Portobello Massage Newsletter

March 2013

Dear lovely Clients

Hello and welcome to the March edition of the Portobello Massage Newsletter! Happy St David's Day!

I have been noticing some definite signs of Spring! The days are now noticeably longer and some lovely snowdrops are beginning to make an appearance. I think we'll all notice a big difference by the end of the month. It's not long now until the clocks go back and it will soon be time to come out of hibernation.

Speaking of the end of the month, Easter is coming up. I'm planning to be away the first weekend in April so will be offering massage [appointments for both Good Friday and Easter Monday - all day!](#) [Book early, book often!](#)

Handy Tip

Now that spring is on its way with the days getting longer and some much needed sunshine and warmth returning, a lot of people think about getting some more exercise. One of the forms of exercise that many of us can do but overlook is walking. Sometimes I think we've become so concerned with getting the right gear, having the latest high tech gadget that will help us that we forget that walking is a great form of exercise.

There are a plethora of ways to build more walking into your life. If you're driving, park farther away from your destination. If you're taking the bus, get off a stop or two early. Do you spend lunchtime indoors at your desk? Why not get some fresh air and some easy exercise by going for a stroll or a brisk walk? When you set your mind on it, you'll find lots of ways to fit more walking into your life.

Here's a little motivation: <http://vimeo.com/groups/110103/videos/31467852>

Positive thoughts

"A misty morning does not signify a cloudy day."

"A woman in harmony with spirit is like a river flowing. She goes where she will without pretence and arrives at her destination prepared to be herself and only herself." - Maya Angelou

"The art of the sailor is to leave nothing to chance." - Annie Van De Wiele

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." - Maya Angelou

The groan worthy jokes...

Two goldfish are in a tank. One turns to the other and says, "Do you know how to drive this thing?"

Two whales walk into a bar.

The first whale says to the other, "WOOOOOOO. WEEEEEEEEEEEOOOOOO. WEEEEEEEEEEEEEEEEEEEEEEEEEEEEEOOOOOOOOOOOOOOOOOOOOOOOO."

The second whale says, "Shut up Steve, you're drunk."

What time does Sean Connery arrive at Wimbledon?
Tennish.

A higgs-boson particle walks up to a Catholic church.

The priest stops him at the door and says "I'm sorry, you can't participate in our service today."
The higgs-boson particle says "What?! You can't have mass without me!"

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!

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