

Portobello Massage Newsletter

March 2016

Dear lovely Clients,

Hello and welcome to the **March** edition of the Portobello Massage Newsletter. Happy St David's Day! Spring feels like it may be just around the corner.

I came across this helpful website about getting a good night's sleep. I used to think that laughter was the best medicine. As I get older, I increasingly think that sleep is the best medicine. I hope you find this useful. - <http://www.nhs.uk/Livewell/insomnia/Pages/insomniatips.aspx>

Positive Thoughts

The purpose of this glorious life is not simply to endure it, but to soar, stumble and flourish as you learn to fall in love with existence. We were born to live my dear, not to merely exist. – Becca Lee

Jobs fill your pocket. Adventures fill your soul. – Jaime Lyn Beatty

The moment you start acting like life is a blessing, it starts feeling like one.

The groan worthy jokes...

As we are now in the season of Lent...

Susie was teaching Sunday school class. The topic for the day: Easter Sunday and the resurrection of Christ.

"What did Jesus do on this day?" she asked. There was no response, so she gave her students a hint: "It starts with the letter R."

One boy blurted, "Recycle!"

Been reading the thesaurus lately because the mind is a terrible thing to garbage.

Q: What do you call an alligator in a vest?

A: An Investigator

Q: What happens if you eat yeast and shoe polish?

A: Every morning you'll rise and shine!

Please **pass this newsletter** on to someone you think may enjoy it. Maybe together we can help someone smile!

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

Warm wishes,

Annie Milović

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