

# Portobello Massage Newsletter

March 2017

Hello lovely clients!

I hope you are well and thriving.

We're now in March and the change in the season is becoming more apparent. Daffodils are not just in the shops but in gardens, alongside snowdrops (and in Edinburgh we've avoided snow - so far!). The days are getting noticeably longer. The other morning I went into my kitchen before 7am and noted that I didn't have to turn on lights! And the evenings are starting later and I think we're all grateful for that. I have long thought that I am solar-powered and that extra light makes such a difference to my own energy levels. Hurrah for Spring!

## Positive Thoughts

"Don't worry about being worried. You're heading out on an adventure and you can always change your mind along the way and try something else." - Tracy Kidder

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." - Henry Ford

"Every single cell in the human body replaces itself over a period of seven years. That means there's not even the smallest part of you now that was part of you seven years ago." - Steven Hall

"Begin today. Declare out loud to the universe that you are willing to let go of struggle and eager to learn through joy." - Sarah Ban Breathnach

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending." - Maria Robinson

"Life is either a daring adventure or nothing." - Helen Keller

## Groan-worthy jokes

If a pig loses its voice, is it disgruntled?

If it's true that we are here to help others, then what exactly are the others here for?

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

*Thanks Stewart!*

I look forward to seeing you soon!

*Annie Milović*

Advanced Clinical Massage Therapist

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