

Portobello Massage Newsletter

October 2009

Hello!

Welcome to the October edition of the Portobello Massage Newsletter.

In my native Canada, October is known for Thanksgiving. We all have so much to be thankful for, living in the western world. I am thankful for many, many things but mostly for my health and for the people in my life.

October is also a time for enjoying the changing of the seasons. I saw this quote and couldn't resist including it:

"Autumn burned brightly, a running flame through the mountains, a torch flung to the trees."
- Faith Baldwin

One Year On

October also marks my one year anniversary of properly going full time with massage and it's been an incredible year. I've been privileged to meet an amazing group of people and feel I have a thoroughly delightful client group. I've been welcomed into people's lives and have helped them on their journeys and they have certainly helped me. I've been honoured to help out a few mums to be and have calmed down a couple of brides before their big day. I've done many jobs in my life and none have been quite as fulfilling as this one. I am grateful to all my clients and am always happy to meet new ones!

Reviews

People have said some lovely things after getting a massage this past month. I thought these comments might really connect with some people. A fellow last week said "I've been really busy lately and I'm ready for some 'me time'." Another client, at the end of a hard week, said "you helped me move from a not very good space to a really good space".

Some clients have also found that massage is making a difference in their lives, allowing them a bit of space to think, relax and reassess. Why not give yourself or a friend the gift of massage? **Gift vouchers** are always a popular gift!

Positive thoughts

This month's thoughts are unashamedly positive and action oriented.

"Be the change you wish to see in the world." - Gandhi
"It is better to light a candle than to curse the darkness."

The really terrible joke:

I told a couple of people I was using the theme of Thanksgiving for this newsletter and they insisted it had to include a turkey joke - so blame them!

Why do turkeys say gobble gobble? Because they haven't learned good table manners.
Why was the turkey sent to the head teacher's office? She used fowl language.
Why did the turkey join a band? He had the drumsticks.

I am sorry....

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.

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

Enjoy!

Ann Milović

www.portbellomassage.com

07854 916 847