

# Portobello Massage Newsletter

October 2012

Dear lovely Clients

Hello and welcome to the October edition of the Portobello Massage Newsletter!

I love October! I even like the sound of October. Aye, the nights are fair drawing in, but the leaves are turning some beautiful colours, there's a crispness to the air, Hallow'een is coming up and before then we have Thanksgiving. All of us able to read this have a lot to be thankful for. And there's pumpkin pie!

## Stretch of the Month!

This month's stretch is inspired by some clients with achy hips. The piriformis is a little muscle with a big impact. It's fairly deep in the buttocks, underneath those big gastrocs.

1. Lie flat on your back with your feet on the floor and knees bent.
2. Cross the leg of the unaffected side over the leg on the affected side.
3. Use the upper leg to gently pull the lower leg toward the floor.
4. To ensure that the hip does not rise off the floor, you may gently place your hand on the rising hip and press it down - gently.
5. Hold for a count of fifteen to twenty seconds.
6. Repeat on the other side.

(I just tried this and it's reminded me I really need to start doing yoga again.)

Please give it a go - and please let me know if the description is helpful and worked for you.

Please remember that if you're interested in looking up the previous stretches, they can all be found in the newsletters in the [Contact](#) section of the Portobello Massage website.

## Positive thoughts

"Our brains are literally hardwired to perform their best not when they are negative or even neutral, but when they are positive." - Shawn Achor

"We don't see the things the way they are. We see things the way WE are." - The Talmud

"Something will turn up." - Dr T Webster

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!

*Ann Milović*

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c: decaf black tea (soya milk)

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