

Portobello Massage Newsletter

October 2017

Hello Lovely Clients!

I have returned from my voyage to far off lands and have recovered from the dreaded plague that I brought home with me. You would thank me for not passing on an eight week cold ... I've missed massage! I've missed seeing you, hearing about your lives and trying to see if I can help you leave with a bigger smile than the one you came with. I'm back up to massage fitness and would love to see you soon.

I last wrote at the beginning of June, the beginning of summer. Now we are in October (one of my favourite months) and autumn is well upon us. The leaves are changing colour, the wind is getting a bit nipier and the days are getting shorter. This is also the month of Thanksgiving for us Canadians which is a wonderful time to give thanks for the harvest. It's also a wonderful time to pause a little and give thanks for the good things in our lives, like friendships. It's also the season for pumpkin pie!

Positive Thoughts

Even a leaf knows when it's time for a change.

Autumn is the season to find contentment at home by paying attention to what we already have.

Autumn paints in colours that summer has never seen.

It is not joy that makes us grateful, it is gratitude that makes us joyful.

Groan-worthy jokes (thanks Stewart!!)

From the Fringe

My paper manufacturing business has folded seven times so I'm pretty sure it can't happen again. - Olaf Falafel

I went to a really rough inner-city school. The kind where chances of being bullied grew exponentially every time you use the word 'exponentially'. - Aatif Nawazl

If I had a pound for every time someone accused me of having body dysmorphia I'd have enough to buy the new nose I need. - Lauren Pattison

Sushi is so healthy, even the food is on a treadmill. - Iain Stirling

My similes are like pasta just before you eat it: strained. - Alex Kealy

I hope you have a wonderful October and enjoy the changing of the seasons.

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