

Portobello Massage Newsletter

September 2012

Dear lovely Clients

Hello and welcome to the September edition of the Portobello Massage Newsletter! September always reminds me of going back to school; brand new pencils and notebooks, new things to learn, a fresh start. I'm going to revisit some of those new year's resolutions that have slipped a bit. What are you going to do this month?

Stretch of the Month!

Following on from last month's Olympics-inspired quadriceps stretch, this month we've got the hamstrings stretch. Remember, these two sets of muscles work together so if you feel inclined to stretch one, please also stretch the other. Balance is a fine thing.

1. Place the heel of the leg to be stretched on a step, ledge or chair. Take a deep breath in and on the out breath lean forward slowly, keeping the thigh and hips square. The higher the step, ledge or chair the greater the stretch of these muscles. Hold for a count of twenty to thirty seconds, then release and repeat on the other leg.

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

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely." ~ Roald Dahl

"We are all quite comical. All we need to do is learn to laugh at ourselves!" ~ Joyce Meyer

"Wrinkles merely indicate where smiles have been." ~ Mark Twain

The groan worthy jokes...

Some of the purported best jokes from the Edinburgh Fringe...

- 1) "You know who really gives kids a bad name? Posh and Becks." – Stewart Francis
- 2) "Last night me and my girlfriend watched three DVDs back to back. Luckily I was the one facing the telly." – Tim Vine
- 3) "I was raised as an only child, which really annoyed my sister." – Will Marsh
- 4) "I'm good friends with 25 letters of the alphabet ... I don't know Y." – Chris Turner
- 5) "I took part in the sun tanning Olympics - I just got Bronze." – Tim Vine
- 6) "I saw a documentary on how ships are kept together. Riveting!" – Stewart Francis
- 7) "I waited an hour for my starter so I complained: 'It's not rocket salad.'" – Lou Sanders
- 8) "My mum's so pessimistic, that if there was an Olympics for pessimism ... she wouldn't fancy her chances." – Nish Kumar

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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