

Portobello Massage Newsletter

September 2013

Dear lovely Clients

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

This is the back to school newsletter, that time of year when I want to sharpen my pencils, get a new notebook and start learning something new.

Of course, doing something isn't synonymous with learning something new. A client today said "I like how my life slows down when I come to see you." I thought that was a lovely thing to say. Massage can certainly help us feel more in touch with our bodies and with ourselves and that sense of connectedness helps heal those jangly nerves. Of course, we can give ourselves permission to be instead of to do. We all spend a lot of time rushing from one thing to another without taking the time to check in with ourselves. When we do, we often find that we have the answers we're searching for.

Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you.

Tip Number Two: Exercise

Ok, so sweating it out at the gym every day may not be everyone's idea of fun, but just walking more, or even having a dance around your halls [substitute appropriate residence], can actually **make you feel happier**. Joining a sports team or a walking group will also give you the chance to meet people and try new things. Exercise, even done moderately, releases endorphins in the brain, stimulating a better mood.

Positive thoughts

Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it's more like a cha-cha.

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go." - Dr Seuss

"It takes courage to push yourself to places that you have never been before... to test your limits... to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom." - Anais Nin

The groan worthy jokes...

The top 5 from the Fringe

1. Rob Auton - "I heard a rumour that Cadbury is bringing out an oriental chocolate bar. Could be a Chinese Wispa."
2. Alex Horne - "I used to work in a shoe-recycling shop. It was sole-destroying."
3. Alfie Moore - "I'm in a same-sex marriage ... the sex is always the same."
4. Tim Vine - "My friend told me he was going to a fancy dress party as an Italian island. I said to him, 'Don't be Sicily'."
5. Gary Delaney - "I can give you the cause of anaphylactic shock in a nutshell."

Thanks Stewart!

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!

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