

Portobello Massage Newsletter

September 2014

Dear lovely Clients

Hello and welcome to the [September](#) edition of the Portobello Massage Newsletter!

I love September. For me September is about going back to school, about learning new things, newly sharpened pencils and fresh notebooks. This September, I'm thinking of taking a photography course to learn some new skills and mastery over a rather smart camera that has a mind of its own.

What might you do this September? What plans might you make for a brighter future?

Positive thoughts

"May your choices reflect your hopes, not your fears." ~ Nelson Mandela

"Life is movement. The more life there is, the more flexibility there is. The more fluid you are, the more you are alive." ~ Arnaud Desjardins

"The key is changing our habits and, in particular, the habits of the mind."

"We really don't want to stay with the nakedness of our present experience. It goes against the grain to stay present. There are times when only gentleness and a sense of humour can give us the strength to settle down." ~ both by the fabulous Pema Chödrön

The groan worthy jokes...

Two hydrogen atoms walk into a bar. One says, 'I think I've lost an electron.'
The other says 'Are you sure?'
The first says, 'Yes, I'm positive.'

I heard there was a new store called Moderation. They have everything there.
Our wedding was so beautiful, even the cake was in tiers.

Did you hear about the new restaurant on the moon? The food is great, but there's just no atmosphere.

I went to a book store and asked the saleswoman where the Self Help section was, she said if she told me it would defeat the purpose.

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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