

# Portobello Massage Newsletter

June 2010

Hello there!

Welcome to the June edition of the Portobello Massage Newsletter. I hope you're well and thriving now that summer is (almost) here.

Many of you know that I'm currently on a career break from the Scottish Government. What many people don't know is that I've had my break extended now to the maximum, so I will have to return by July 2011 if I decide to go back. That means that by around January next year I have to make a decision to continue with massage full time or return to the civil service full time. It's very difficult to find part time jobs in the civil service so I would imagine that if I did return I would have to give up massage, at least for a year.

I like being a massage therapist. In fact, it's the best job I've ever had. I don't do it for the money (I used to earn about three times as much) and I certainly don't do it for the glamour (not a lot of glamour in ironing massage sheets and pillow cases). I do it because I get a great deal of satisfaction out of it and clients tell me that it helps them, whether it be to relax, to sort out a dodgy shoulder or lower back or for whatever reason people seek massage. I've sought to continually update, improve and deepen my skills. I've taken a good deal of training since I first qualified and I've spoken about training I have planned into next year. I'm interested in getting people out of pain and in helping people at various stages of their lives. I want to continue being a full time massage therapist, but I need to do more massage if I want to make that come true.

Serendipity has brought a massage chair into my practice and this opens up many opportunities. Please invite me to your office, your coffee morning or your pamper party if you're looking for a 15 minute mini session while fully clothed!

Something I haven't advertised greatly is that I can be mobile. Please contact me if you're interested in having a massage at home and being able to stay and relax afterwards, without having to fight the traffic or the cold. There is an extra fee to cover travel time.

## **Special Offer for a Trial Period**

For a limited trial period, I'm going to offer one hour massages for £32, as well as the regular one and a half hour massage for £40. I'm going to offer this until 31 August to see how it goes. By nature of the time constraint I won't be able to do as much in a third less time but if you're looking for the simple pleasure of relaxation or work on a singular problem, this offer may be for you.

## **New Training**

I've had a whole month off from new training and am now keen to get down to London this month for Hip and Pelvis advanced massage training. The hip is (literally) pretty central to so much of our movement: it's connected to the lower back, it plays a big role in how we walk or run (or stroll!) and is key in moving both the upper and lower parts of our body. I'm sure this new training will be really useful to so many clients and I'm looking forward to learning more. In July I'm on to the next bit of training - advanced sports stretching - and thankfully that's here in beautiful Edinburgh.

## **Handy Tip**

Back in April, I mentioned that a client had said "It's so easy to forget it's all connected." Staying with this theme, following on from the last newsletter this month's feature is mindfulness. This month I've included the second half of 'Mindfulness and Mastery in the Workplace: 21 Ways to Reduce Stress during the Workday' by Saki F. Santorelli, EdD, MA. I think they were written for an audience that drives to work and I hope you will substitute the car references to whatever mode of transport you use to get to work. Last month a good few people got in touch with me to say they enjoyed the tips and I hope you find them useful.

"The following *21 Ways* are simply a road map. Allow your curiosity and the sense of possibility to unfold as you explore the territory, discovering your own 'ways'."

12. Decide to 'STOP' for 1-3 minutes every hour during the workday. Become aware of your breathing and bodily sensations, allowing the mind to settle in as a time to regroup and recoup.
13. Use the everyday cues in your environment as reminders to 'center' yourself, e.g. the telephone ringing, sitting at the computer terminal, etc.
14. Take some time at lunch or other moments in the day to speak with close associates. Try choosing topics that are not necessarily work related.
15. Choose to eat one or two lunches per week in silence. Use this time to eat slowly and be with yourself.
16. At the end of the workday, try retracing today's activities acknowledging and congratulating yourself for what you've accomplished and then make a list for tomorrow. You've done enough for today!
17. Pay attention to the short walk to your car - breathing the crisp or warm air. Feel the cold or warmth of your body. What might happen if you opened to and accepted these environmental conditions and bodily sensations rather than resisting them? Listen to the sounds outside your own work place. Can you walk without feeling rushed? What happens when you slow down?
18. At the end of the workday, while your car is warming-up, sit quietly and consciously make the transition from work to home - take a moment to simply be - enjoy it for a moment. Like most of us, you're heading into your next full-time job - home!

19. While driving, notice if you are rushing. What does this feel like? What could you do about it? Remember, you've got more control than you imagine.
20. When you pull into the driveway or park on the street, take a moment to orient yourself to being with your family members or to entering your home.
21. Try changing out of work clothes when you get home. This simple act might help you to make a smoother transition into your next 'role' - much of the time you can probably 'spare' 5 minutes to do this. Say hello to each member of your family members or to the people you live with. Take a moment to look in their eyes. If possible, make the time to take 5-10 minutes to be quiet and still. If you live alone, feel what it is like to enter the quietness of your home, the feeling of entering your own environment."

I can certainly recommend a good teacher if you are interested in learning more about mindfulness or Mindfulness-Based Stress Reduction. I would like to thank Vajrahridaya for recommending the 21 Ways to me.

I also include this article from the Guardian a couple of weeks ago - it's an amusing look at the dangers of multi-tasking and the difficulty in uni-tasking - not as easy as it sounds!  
<http://www.guardian.co.uk/lifeandstyle/2010/may/22/multitasking-unitasking-aj-jacobs>

Future handy tips may include tips for relaxation between massages. Any feedback on this new feature or suggestions for improvements to the newsletter will be gratefully received

### Reviews

Here are some of the comments client have said this month:

"Each massage with you just gets better and better."

"I can really feel the cumulative effect of massage. I don't get nearly as uptight as I used to and I can feel a real difference in my shoulders."

"I haven't seen the chiropractor since I started coming to you because I feel I get more out of massage. It treats both my body and my mind."

Please remember that [gift vouchers](#) are always a popular gift. Father's Day is coming up and contrary to popular belief, men enjoy massage for a treat or a treatment as well as women!

### Positive thoughts

I thank the Salisbury Centre for these thoughts when I was there last for some training.

"Care about people's approval and you will be their prisoner." - Tao te Ching, Lao Tzu

"Life is raw materials. We are artisans. We can sculpt our existence into something beautiful or debase it into ugliness. It is in our hands." - Cathy Better

"Bless those who challenge us to grow, to stretch, to move beyond the knowable, to come back home to our elemental and essential nature. Bless those who challenge us for they remind us of the doors we have closed and the doors we have yet to open." - Navajo saying

### Another groan-worthy joke:

This is reported to be a real story about an encounter with the very accomplished heart surgeon Dr. Nitu Mandke.

A mechanic was removing the cylinder heads from the motor of a car when he spotted the famous heart surgeon in his shop, who was standing off to the side, waiting for the service manager to come to take a look at his car. The mechanic shouted across the garage, "Hello Doctor! Please come over here for a minute." The famous surgeon, a bit surprised, walked over to the mechanic.

The mechanic straightened up, wiped his hands on a rag and asked argumentatively, "So doctor, look at this. I also open hearts, take valves out, grind 'em, put in new parts - and when I finish, this will work as a new one. So how come you get the big money, when you and me are doing basically the same work?"

The doctor leaned over and whispered to the mechanic.....

"Try to do it when the engine is running".

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.

I hope you've enjoyed this newsletter and look forward to seeing you soon for a massage.

Enjoy!

*Ann Milović*

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