

Portobello Massage Newsletter

May 2010

Hello there!

Welcome to the May edition of the Portobello Massage Newsletter. If you get a long weekend, I hope you enjoy it and that you're well and thriving now that Spring has sprung!

New Training

In April I took the advanced massage training on Leg, Knee and Foot and it was an excellent course. I've already tried it out on a client who is a runner and he thought it felt great and helped his run. In June I'll be taking a course in London on the Hip and Pelvis and in July back in Edinburgh another course on Advanced Sports Stretching – which is a bit of a misnomer because stretching is good for everyone!

I also helped out last month on another course and it was great to be able to practice some more familiar techniques and to reflect on how different my practice is now compared to just a year ago. I also picked up some tips and have incorporated them with good effect. I love learning and seeing the positive outcomes with clients!

Handy Tip

Last month I mentioned that a client had said "It's so easy to forget it's all connected." Staying with this theme, this month's feature is mindfulness. A few clients have mentioned that they would like to do more meditation but that they don't know where to start. There are hundreds of styles of meditation and I'm an expert in none of them but I have found mindfulness to be helpful. A common complaint is that people just can't get their mind to stop thinking or that they can't 'empty' their mind. While I'm still very much working on a meditation practice, for what it's worth a couple of things I've learned along the way is that the mind never stops thinking (that's what it does), that you can't really empty your mind (certainly not at the first sitting) and that just sitting down with the intention to be mindful or meditate is success in itself.

This month I've included the first half of 'Mindfulness and Mastery in the Workplace: 21 Ways to Reduce Stress during the Workday' by Saki F. Santorelli, EdD, MA - [and slightly modified by me for a UK audience]. I hope you find this 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'."

1. Take 5 - 30 minutes in the morning to be quiet and meditate - sit or lie down and be with yourself ... gaze out the window, listen to the sounds of nature or take a slow quiet walk.
2. While your car is warming up [or waiting for the bus] – try taking a minute to quietly pay attention to your breathing.
3. While driving [or travelling], become aware of body tension, e.g. hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc. consciously working at releasing, dissolving that tension ... Does being tense help you to drive better? What does it feel like to relax and drive?
4. Decide not to play the radio [or ipod] and be with yourself.
5. On the interstate [or road], experiment with riding in the slow lane, going 5 miles below the speed limit.
6. Pay attention to your breathing and to the sky ... trees, or the quality of your mind when stopped at a red light.
7. Take a moment to orient yourself to your workday once you arrive at your work place. Use the walk into work to step into your life, to know where you are and where you are going.
8. While sitting at your desk, keyboard, etc., pay attention to body sensations, again consciously attempting to relax and rid yourself of excess tension.
9. Use your breaks to truly relax rather than simply 'pausing'. For instance, instead of having a coffee, a cigarette or reading, try taking a short walk, or sitting at your desk and renewing yourself.
10. At lunch, changing your environment can be helpful.
11. Try closing your door (if you have one) and take some time to consciously relax."

Stay tuned to the same channel next month for the rest of Santorelli's tips! I can certainly recommend a good teacher if you are interested in learning more about mindfulness or Mindfulness-Based Stress Reduction.

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:

'You must like your job - it shows in your work.'

'Those comments on your website are all true!'

'The massage helps me get rid of the tension in my head as well as the tension in my body.'

Please remember that **gift vouchers** are always a popular gift. Maybe it's the time of year to give your body some attention before tackling Munros.

Positive thoughts

Try this:

- Go to www.google.co.uk
- Type "who is the cutest" into the search box
- Press the "I'm feeling lucky" button

"Trust yourself - you know more than you think you do." - Benjamin Spock

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort." - Herm Albright

The oh-so-bad-but-really-kinda-good joke:

A man is walking along and sees a frog. The frog says 'If you kiss me, I'll turn into the woman of your dreams'. The man can't believe his ears and asks the frog to repeat what it said. The frog says again, 'If you kiss me, I'll turn into the woman of your dreams'.

The man is amazed and puts the frog gently in his pocket and starts to walk away. The frog, puzzled, says to the man 'Did you hear what I said? If you kiss me, I'll turn into the woman of your dreams'. The man says, 'I heard you, but I'd rather have a talking frog!'

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!

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