

# B THE NEWSLETTER

*A Monthly Edit: Vol. 23 // APRIL 2023*



## VOL. 23

*By Lia Bartha*

The last week of March was an emotional one for me. As many of you know already, my sister got married in Hawaii. I anticipated the waterworks, but I did not expect to be in a full cry nearly the entire time. I'm both excited and nervous to see the professional photos, which will surely prove there's no cute way to cry at your only sister's wedding.

It took me the entire flight to Hawaii (11.5 hours) to write my Matron of Honor speech (only to rewrite the whole thing the night before the wedding). When I stood up to finally toast my little sister, the long journey we've taken together fully hit me and the words were secondary.

To add fuel to the emotional fire, we finally spread our beloved bulldog Larry's ashes at his favorite beach in Lanikai (down the street from where I grew up). Larry was a very special guy and our family still misses him every day. If you're new here, he makes a super cute appearance in one video on the app if you can find it!

Needless to say, it was an exhausting trip home, but we're so happy to be back in our Brooklyn routine again. This routine is now going to include daily trips to the new B The Method studio, which is coming along so well!

A few days ago, Justin, along with friend/BTM community member/amazing cinematographer Ben Kutchins, put some final touches on our new lighting setup so I could film our first series! One of which will be uploaded to the app tomorrow, so make sure to check it out.

After a quick "visiting masters" teaching trip to Mexico next week, I'll be back full-time and hopefully will even see you in person at the new and improved Brooklyn headquarters very soon! Can't wait!

xx

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## APRIL FORM TIP

*the ball placement under the hips in leg inversions*

This month's form tip is all about ball placement when we're doing leg inversion exercises. I get asked the question, "Where should the ball properly be placed?" frequently because it seems there are lots of mixed messages and differences of opinions floating around social media. Let's start with the ball size. Ideally, you'll want to use a ball that is somewhere between 9in to 10in diameter range (obviously I recommend my [ball](#)). Anything smaller won't provide full hip support and anything larger, will cause the hips to elevate too high. The sweet inflation spot is about 90% air capacity so the ball is supportive, but also slightly wobbly so your core has to put in the work.



### DO'S:

- Place the ball in the lower half of the sacrum so your tailbone hits the ball.
- Your lower back should be lifted by activating your transverse abdominis (TA).
- Press the tailbone into the ball without popping out the ribs to find a neutral pelvis.
- The edge of your glutes should match with the edge of the ball as shown above.



### DONT'S:

- Place the ball under your lower back.
- Place the ball under the top half of the sacrum so the tailbone is off the ball.
- Arch the spine, which will cause strain in the lower back and disengagement of the TA as shown above.
- Tuck the pelvis, which pushes your lower back towards the floor and tightens the psoas muscle.

## MEET THE COMMUNITY

*say hello to Nicole*



**NICOLE, Orange County, CA [@nicolelamming](#).**

*Certified Emotional Freedom Technique (EFT) Practitioner*  
[www.nicolelamming.com](http://www.nicolelamming.com)

So much of my life has been navigating a complicated relationship with my own body. As a kid I was chubbier and hairier than girls were "meant" to be. In my tweens I became keenly aware of the world's criticisms; and my solution was to wage war with my body—eat less, exercise more and harder, find any way to get smaller. And it was the exact hell you would imagine it to be. After becoming a mother at 29, I felt things slowly begin to shift. My body was no longer just something to beat into (unrealistic) shape; it was a powerhouse, a life grower, a freaking warrior. A seed of respect and even love for my body was sewn. This has grown exponentially since fully committing to B The Method with Lia as our fearless leader into the wild unknown of radical self-love, acceptance, and authenticity. Everything about The Method aligns with my desire for every human, and certainly for every woman: that we can and should befriend our bodies; that we would experience inner knowing, resilience, and strength from deep within. For this same reason, I am a Certified Clinical Emotional Freedom Technique (EFT) Practitioner—a modality that combines psychology, brain science, and acupressure. Offering services digitally, it's so fun to work with people all around the world. And like The Method, EFT taps deeply into the body. I've seen it shift patterns that seemed stuck and significantly increase healing around trauma, grief, anxiety, stress, physical pain and illness—just to name a few. I can't thank Lia enough for flipping the script on everything we've been taught about our bodies, exercise, & nourishment. I'm eternally grateful for her and for this community. I so look forward to connecting and continuing to change the world together!

# MONTHLY RECIPE

a salad to celebrate spring

From our recipe contributor, Emily Fiffer of [Botanica Restaurant](#): Spring has sprung, and with it, so much abundance and green goodness at the market. Throughout fall and winter, I favor cooked foods; the moment March rolls around I start craving salads again. It's the body's natural cycle signaling: You're nourished. You survived the harsh cold. Now it's time to lighten up. In honor of listening to our bodies, here's a crunchy, green-filled salad to ease our transition out of the cold. A combo of cooked and raw veg (hey, it's not summer yet), with healthy omegas from hemp hearts and good fat from avocado and coconut, it's bound to get you in the spring spirit. P.s. For an easy, Japanese-inspired dish to cook in under 30 minutes, check out my [okonomiyaki](#) recipe.

## Spring Salad

serves 2

- 2 heads little gem lettuce, bottoms chopped off, leaves separated and kept whole
- 6 brussels sprouts, shaved on a mandolin or sliced very thin with a knife
- 8 brussels sprouts (to roast)
- 1 cup snap peas, sliced on the bias
- 1 large handful dill, chopped (you can include some finely minced stems, too)
- 1 large handful basil leaves, cut into a chiffonade or torn
- ½ fennel bulb, shaved on a mandolin or sliced very thin with a knife
- 2 tablespoons hemp seeds
- 2 limes (one for the salad, one for the avo-coconut puree)
- 3 tablespoons evoo
- Maldon, to season
- Avo-coconut puree (recipe below)

For the avo-coconut purée:

- 1 avocado
  - ¼ cup full-fat coconut milk (I love Aroy-D; it's only coconut!)
  - 1 lime, juice and zest
  - ¾ teaspoon ground cumin
- \*You won't use all of the puree; it'll keep in your fridge for 3 days. Use the rest as a dip for crackers, crudites, roasted veg or fish.



Preheat your oven to 425F. Toss the brussels sprouts on a roasting tray, drizzle with olive oil and sea salt, and roast for about 12-15 minutes, or until you can stick a sharp knife through (this depends on the size of your sprouts). Halve the sprouts after they cool.

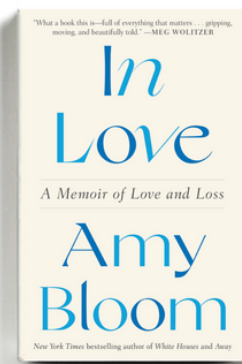
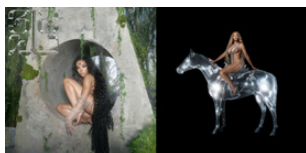
Meanwhile, make the avo-coconut purée: In a blender or food processor, blend the avocado, coconut milk, lime juice and zest, cumin and sea salt. Blend until creamy and set aside.

To a mixing bowl, add the little gems, roasted and raw brussels, snap peas, dill, basil and fennel. In a small jar, squeeze the juice of one lime with the olive oil and a pinch of salt and shake well until emulsified. Drizzle the vinaigrette over the salad. Mix well with your hands and season with salt.

To serve, grab a shallow bowl. Using the back of a spoon, create a bed of avo-coconut purée on the bottom of the bowl. You want the purée to serve as a luscious bed that makes every salad bite more delicious, so don't be scant! (I used about ¾ of the purée). With your hands, make a beautiful salad nest on top of the puree. Sprinkle with hemp hearts and season with Maldon. Bon appetit!

# THINGS I'M LOVING

a monthly roundup of my current favorites



# THINGS I'M LOVING CONT.

a monthly roundup of my current favorites



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## IN OTHER NEWS

- Our next Prospect Park walk in Brooklyn will be Saturday, April 22th at 9am! Come join me and meet other members of our community! Please RSVP and let us know you're coming [here](#).
- Want to be our next featured community member? Please let us know by emailing [hello@bthemethod.com](mailto:hello@bthemethod.com)!
- In the coming months, we're going to be sharing more about the new B The Method space in Brooklyn so be sure to follow [@bthemethod](#) on IG for updates!

## THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community. Please share any questions, comments, and feedback. We love to hear from you!

