

B THE NEWSLETTER

A Monthly Edit: Vol. 21 // FEBRUARY 2023



VOL. 21

By Lia Bartha

Today's a really big day for our B The Method team and community. Remember last month, when I mentioned we were getting a new home base? Well, February 1st marks the day we get the keys!

After filming and working out of our Brooklyn home for the last three years, a new chapter has officially begun. To say that we're excited is an understatement. I'm bursting at the seams to get this project underway. We have so many huge plans for our community in 2023!

Over the next couple months, Justin and I will be designing and building our new headquarters and event space in Gowanus, Brooklyn. Even though we've finally grown big enough to evolve to the next step, B The Method will never forget our humble roots.

There's also the undeniable reality that our oldest daughter, Asa, needs her own room. Both of these landmarks are bittersweet. Change can be tough but I couldn't be more thrilled to see what happens next and can't wait to bring you all along for the ride.

Throughout February, I'll be documenting our progress every step of the way - sort of like a B The Method office makeover reality show. I know I say this very often but none of this would be possible without your support. We built this together so let's keep moving forward and up.

I love you all so much.

xx

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FEBRUARY CHALLENGE

45/15 program



Last month, I challenged you to commit to 30 minutes of reflection, connection or movement to jumpstart the new year. How did we all do? If you stuck with it, why do you think you were able to succeed? If you didn't stick with it, what do you think held you back? Whether or not you were able to commit to those 30 minutes every day, there's always an opportunity to find your way back to prioritizing yourself. That's how we're kicking off February.

This past month had some challenging moments. Since Justin's been out of town all month, I naturally wanted to prioritize my kids' needs above my own. After a week, I was getting burnt out and quickly realized I had to destress so everyone could make it out in one piece.

I kept up with what made me feel good - movement, walking, baths, friends, adult recesses (determined), and therapy to name a few. By giving myself even just a quick 30 minutes to myself, I was able to be truly present, rather than counting down the days until my partner came back to take over some responsibility.

Since February is a shorter month with a bunch of holidays (and winter breaks for the kids), let's take this month to group our workouts into shorter and longer sessions. I'll be adding a variety of 15 minute videos for the busier days and 45 minute videos for the others. There's no perfect formula to how many days you'll do of each. The best schedule is one you will commit to.

Our weekly schedules this month will guide you with staying consistent with a 45/15 minute program. I recommend pulling out a calendar and pre-planning!

MONTHLY RECIPE

an energizing pre- & post- workout snack - protein prune balls

INGREDIENTS:

3/4 cup walnuts
1 cup pitted prunes (I like [Sunsweet](#) the best)
1/4 cup chia seeds
1 scoop of protein powder
(I've been using [Ritual Daily Shake 18+](#))
1-2 tbs warm water
cocoa powder or coconut flakes to roll in (optional)

DIRECTIONS:

1. In a food processor or blender, pulse the walnuts. Once they are finely chopped, add the prunes and blend.
2. Add in all other ingredients and blend again until it makes a thick paste.
3. Roll into balls and then roll in your topping of choice.
4. Refrigerate and eat pre- or post- workout.



MEET THE COMMUNITY

say hello to Paola



Paola, 33, New York

Works as an Engineer at a Software company - [@paolipaol](#) on IG to connect

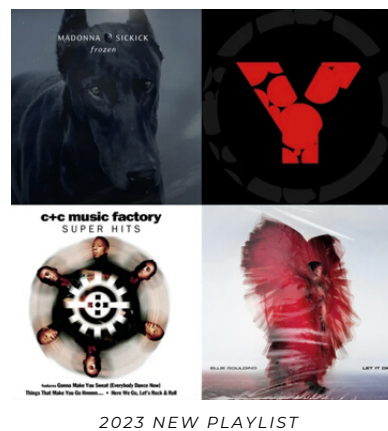
Paola has been in our community since the early days of the Pandemic and has even joined us many times on our community walks! Thank you, Paola, for being vulnerable and sharing your story.

I had been diagnosed with Stage 4 Endometriosis, had a surgery, had a year of medically induced menopause, and felt like hormones really messed with my energy levels. My Endo lesions were intruding on all of my organs (my intestines, my bladder, my uterus, my Fallopian tubes, rectum) - basically everywhere in my abdomen and my pelvis. Constantly, my days were filled with low back pain, SI joint pain, hip pain, pelvic pain. Lia's BTM was the only thing that really consistently helped me to keep up with pelvic floor physical therapy. The abdominal massages with the ball was the first time I had found some consistent relief when I needed it most. In March of 2022, I went for another surgery that was much more intense to excise all the disease through all my organs, operate and cut on a nerve bundle in my lower back to help with pain, remove my appendix, etc. Truth be told, even though my doctors had told me I wouldn't start to feel like myself until 3 months, I was truly not fully prepared for the recovery. My recovery took much longer than expected, around 6 months, and I had a lot of time to meditate on what Lia constantly talks about - which is a relationship with our bodies. And how we have to treat them like any other relationship (friendship, romantic relationships, etc). We have to nurture our bodies and be truly compassionate. The physical is the mental and the mental is the physical—it's all a feedback loop. While I wasn't able to move or really exercise for months, I still would incorporate some BTM stretches and moves in my days and they were like magic pills. Because I hadn't moved in so long, my doctors told me it was very normal to have pain walking, even months after, and to still feel all that lower back pain.

Once I finally started working with Lia again, because BTM focuses so much on the pelvic floor, I was finally able to feel so much relief. Even more so than just doing yoga, for instance. Even now, being back at work, it was another harsh adjustment to real life. Sometimes when I feel like I'm losing control or getting super stressed again, if I come home and just do 30 mins and get everything flowing, building that inner heat, breathing properly - it washes the whole day away and I feel renewed and fresh. This experience of mine honestly feels like such a long ramble, but so often I am really brought to tears with how grateful I am for finding and working with Lia and being introduced to The Method. For anyone who may feel anxiety, stress, or have any women's health related issue - I can honestly say BTM has changed my life! BTM is something that even if I have slipped and not moved in a little bit, it is always encouragingly there for me when I feel ok to jump back in. Something I can't say for other exercise routines, which might break down some confidence before getting back into it. Thank you so much, Lia, for giving me a second wind in my recovery.

THINGS I'M LOVING

a monthly roundup of my current favorites



IN OTHER NEWS

- Our next Prospect Park walk in Brooklyn will be Sunday, February 12nd 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!
- I'm heading to [Chileno Bay](#), an Auberge Property, in Los Cabos, Mexico from April 6th-14th! I'll be teaching in-person classes every day on property and will be available for private sessions. If you're looking for a little vacation, come join me at the beach or in the spa at The Well!

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!

