

B THE NEWSLETTER

A Monthly Edit: Vol. 20 // JANUARY 2023



VOL. 20

By Lia Bartha

2022 was... a lot. Now, "a lot" doesn't necessarily mean bad. As I finally take time to look back, I realize I needed to allow myself the time to fully process just how much happened to me, my family, and my business in the past year. After being displaced from my home, my children switching schools, caffeine-related panic attacks, and finally moving back into my home, that realization of my own inability to sit for just thirty minutes and investigate how I feel is a direct result of the most important change I made in 2022.

Midway through the year, I started regularly going to therapy for the first time in my life. I just could never understand how to justify an hour in my day to talking about myself and refused to believe that I needed to. Well, long-story short, I did. This realization wasn't immediate. During my first session, I didn't know what to talk about and felt like I was being forced to feel. By the time it was done, I felt annoyed and even a little bit angry. I had wasted my time. Then, without even realizing at first, I was communicating with my sister and my mother and husband and my kids in a different way. It was, for the lack of a better word, deeper. After my second and third sessions, I couldn't believe it had taken me 39 years to start. The main thing I'm working on as a foundational tool is to allow myself thirty minutes a week to meditate on my own feelings. I had spent so much time in my life trying to help others that I was neglecting myself.

It's amazing how just 30 minutes dedicated to investigate how you feel about what's going on in your life can help deepen your relationships with others and especially yourself. So, as we start this new year, let's remember that sometimes we have to take a few minutes to truly appreciate it all. Cause it's... a lot.

xx

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JANUARY CHALLENGE

30 minutes of mindfulness and movement, for a month

We all have 30 minutes a day for ourselves—even if we tell ourselves we don't. Giving yourself "me time" is very important and valuable. This month, we're going to commit to 30 minutes a day to be a little selfish with our time, our minds, and our bodies, to work on ourselves. These 30 minutes could be movement, a self check-in, a deep conversation opening up to a friend/therapist/family, or even sitting alone with your uninterrupted thoughts. 30 minutes is that sweet spot between too much and too little, which is very doable. Here's a guide for you. Grab a pencil, start scratching off the days, add your notes, and get creative because there are so many ways you can put in the work for your brain and body.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 30 minute walk
2 30 minute full-body jumpstart series	3 30 minute live-stream or replay	4 uninterrupted self reflection	5 30 minute live-stream or replay	6 30 minute walk	7 30 minute cardio & mat combo series	8 check-in with a friend/family
9 30 minute new upload	10 30 minute live-stream or replay	11 30 minute walk	12 30 minute live-stream or replay	13 check-in with a friend/family	14 30 minute core, twisting, & gut series	15 uninterrupted self reflection
16 30 minute new upload	17 30 minute live-stream or replay	18 check-in with a friend/family	19 30 minute live-stream or replay	20 uninterrupted self reflection	21 30 minute deep core & inner thighs	22 30 minute walk
23 30 minute new upload	24 30 minute live-stream or replay	25 uninterrupted self reflection	26 30 minute live-stream or replay	27 30 minute walk	28 30 minute hip therapy series	29 check-in with a friend/family
30 30 minute new upload	31 30 minute live-stream or replay					

WHERE WE'RE GOING IN 2023

this is the year of growth

As you all know, I've been displaced from my house for about a year and a half due to a variety of unfortunate events. During this displacement, I continued to work and livestream from a construction zone, sometimes successfully and sometimes during the loudest drilling of all time. You've all been so kind and encouraging during the livestreams, but it was still one hell of a test to not let it all distract our flow.

My family moved into a rental close by for a while, where my oldest daughter finally had her own room. Seeing her love her own space and having separating my studio and home, Justin and I came to the realization that it's time to pull B The Method out of our house. I definitely can be resistant to change (enter therapy) and have a history of clenching up with anxiety every time we talk about the future of B The Method. However, when I sit (for 30 minutes) with my ambition, there are so many things I want to accomplish that haven't been possible until now.

So, after an exhaustive search to find the perfect space for all the dreams we have for the future we think we finally found it! Without being too cryptic (because I feel like it's not real until we're in the space and up and running, you know?), we will soon have a new home. Same vibe, same feels, and more opportunity for us all.

Stay tuned for all of the details, but in the next coming months, we'll invite the whole community to a new corner of Brooklyn to help build an even better B The Method!



THINGS I'M LOVING

you asked for it, so here's a monthly roundup of my current favorites



Keeping consistent with your daily habits will help your body function in its optimal state. This is why I stay consistent with taking 2x capsules of [Seed DS-01™ Daily](#), [Synbiotic](#) year after year for gut regularity and overall gut health. Use my code [LIA15](#) for 15% off your first month's order and feel for yourself how much of a difference it can make day after day. #SeedPartner

IN OTHER NEWS

- At the end of January, send or post to IG your completed calendar grid for a chance to receive a FREE B The Towel from our shop! We will be giving away 50 towels!
- Our next Prospect Park walk in Brooklyn will be Sunday, January 22nd at 9am ET! Come join me and meet other members of our community! Please RSVP and let us know you're coming [here](#).
- Starting next month, we'll be adding a featured member section to our newsletter so we can get to know our community a little bit more! Want to be featured? Please let us know by emailing hello@bthemethod.com!

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!

