

# B THE NEWSLETTER

*A Monthly Edit: Vol. 25 // June 2023*



## VOL. 25

*By Lia Bartha*

Don't know about you but I can't believe it's June! I'll tell you this, time does not fly when you have severe allergies. After weeks of raspy cueing and teary-eyed livestreams, I had to pivot to movement designed to relieve sinus & chest congestion (glad to hear this also helped some of you with menstruation). Well, I'm happy to report the mucus has cleared, my voice is back and we're ready to push our practice to deeper depths for the summer.

I received an incredible amount of feedback on last month's "reformer to the mat" series. A lot of that feedback stemmed from an IG post comparing my favorite prop to a Pilates reformer. This post struck a nerve with Pilates purists and many who've never tried out B The Method. The Pilates reformer we know today was invented by Joe Pilates a hundred years ago to help male soldiers regain their strength after serious war injuries. The method he invented during World War One continued to evolve with and without the reformer.

I made a bold statement in my post that the simple stability ball is just as effective as the reformer. As difficult as this may be to comprehend for those used to the old ways, this statement is based on ten thousand hours of work and just as many words of feedback from you, my dedicated community. I will always owe a debt of gratitude to Pilates but B The Method is an evolution.

And lastly, our first in-person rooftop event is in a couple weeks! Woohoo! I know the majority of you won't be able to make it, so we're working on an option to join us virtually.

And lastly lastly, make sure to scroll to the end of the newsletter for an update on our first ever B The Method retreat! So much exciting newness coming your way.

xx

### IN THIS ISSUE

#### JUNE FORM TIP

ball behind the shoulder blades

#### MEET THE COMMUNITY

say hello to Natalie

#### B THE BITES

things we've been making

#### THINGS I'M LOVING

a round up of my current favorites

#### UPCOMING EVENTS

## JUNE FORM TIP

*ball position behind the shoulder blades*

This month's form tip is about where to position the ball behind your shoulder blades. This is a very common form question and proper placement will not only help you connect to a deeper layer of abdominal strength, it will also protect your back and pelvic floor from injury. Those are the most important components of my method, so let's dive right into it with a visual.



### DO'S:

- Place the ball behind your shoulder blades so that the center of the ball aligns with the bottom of your ribcage.
- Place your hands behind your head, making sure your elbows are in your peripheral view.
- Pelvis is in neutral and the hips are aligned and stable.
- Spine stays long in the anterior and posterior sides.
- Find energy out through the top of your head and equally out through your tailbone.
- Upper body movement starts from the bellybutton up.

### DONT'S:

- Place the ball too high under the upper half of the scapula or too far down towards your hips and bellybutton.
- Collapse in the spine with a tucked pelvis.
- Pop out the ribs with an arched spine.
- Hold your breath.
- Allow movement of the upper body to shift your hips out of alignment, whether side to side or front to back.
- Use momentum or too large of a range of motion. Keep the movements small and connected.

**ADVANCED TIP:** Place the ball one inch closer to your pelvis for an abdominal challenge, assuming you're able to remain in a neutral pelvis and activate the transverse abdominis. If you feel yourself tucking, arching the spine, or feeling back pain, take the ball back an inch towards your shoulders (as shown in the first picture).

## MEET THE COMMUNITY

*say hello to Natalie*



### NATALIE, NEW YORK, NY [nourishwithnat.com](http://nourishwithnat.com) Lia's Assistant & Certified Holistic Health Coach

Hi everyone! I'm so excited to be featured in this month's newsletter and to introduce myself. My name is Natalie and I'm a long time community member here at B the Method, now turned assistant to Lia, and also, a Holistic Health Coach! Up until recently, I've spent a lot of my time in the corporate world and could not be more excited to be making the move over to a space I am so passionate about. Partnering with and supporting Lia has been an absolute dream; we are aligned on so many levels and honestly, just have a lot of fun here at the studio!

My personal journey into the health space began in my early 20s after my own struggles with disordered eating, IBS, and other various health issues. I was in and out of doctor's offices, trying various antibiotics and strict diets, all to eventually find a holistic-focused doctor that changed my perspective for the better. I learned to not just focus on a "band aid" solution, but to find the root cause and remember that one size does not fit all. And most importantly, everything is connected: the gut-brain connection is real, and your health does not only come from eating healthy foods and working out. It comes from enjoying those things, not restricting yourself, having passions and hobbies, and having good, supportive people around you that inspire and encourage you. By focusing on this, surprise surprise, my health issues have been at bay.

All this to say, during the pandemic in 2020, I decided to get a certification to become a Holistic Health Coach with the goal of helping others achieve the sense of relief that I felt after looking at things with a new lens. And speaking of a new lens, finding Lia and B the Method during this time really changed my thoughts around exercise and strength, and what it can look and feel like. Feeling myself get stronger and actually looking forward to working out has been a game changer for my mind and body! That's why it's been so amazing to see behind the scenes - Lia is such a powerhouse and inspiration to me IRL, and really exudes that positive energy that we all feel in her classes. My body feels good, my spirits are high, and it's a great reminder of how far I've come. I can't wait to see what's next for B the Method and Lia, all the new things we have ahead of us, and to start my own journey as a Health Coach and help others feel good inside and out!



# B THE BITES

*things that I've been making this month...*

Some of you may have seen on Instagram a new Reels series called B The Bites. We're getting creative again in the kitchen and have been sharing some favorite dishes to make for lunch. Some of these recipes are inspired by meals we've had locally in Brooklyn near our new studio, and others from our own favorite go tos. It's been so fun to get experimental in the kitchen with our growing team - Natalie and Justin both bring such great insight into what fuels them too. I'm so excited to keep this series going and also include the recipes for easy access in our newsletters. I am so thrilled to be able to share these recipes with all of you and give a little more insight into how fueling your body goes hand with my method. Now, let's eat!

## ***Protect Yo' Gut Lunch Bowl*** *Single serving*

Half cup cooked jasmine rice  
 Half ripe avocado  
 Handful of microgreens (they add an earthy, nutty taste)  
 1 jammy egg  
 Scoop of your favorite kimchi (I used [Kimchi Kooks](#))  
 1 package of dried seaweed, sliced in strips  
 Flaky salt & pepper to finish ([Maldon salt](#) of course)  
 Dress greens with rice vinegar (I found [this amazing kombucha vinegar](#) for extra gut love)  
 Your fav hot sauce (always [Crystals](#) for me)

**Rice Tips :** Add 1/2 cup rice and 1 cup water (or bone broth for a richer flavor) into a small pot and bring to a boil.  
 Then reduce to a simmer and cover with lid until all water is dissolved (approx. 15 minutes).

**Egg Tips :** Add your eggs to a pot of boiling water and reduce heat (rolling boil for 6 ½ - 7 minutes). Drop those eggs into an ice bath for 3 minutes. Peel for your perfect egg!



## ***Everything But The Bagel Lox Bowl*** *Single serving*

Half cup cooked quinoa  
 Handful of pea shoots (or any microgreens/greens you have on hand)  
 A few slices of smoked salmon (this one's Nova Lox from [Russ and Daughters](#))  
 Scoop of capers or sliced caper berries  
 Handful of thinly sliced red onion  
 Big chunk of my favorite [Meredith's Dairy sheep & goat cheese](#)  
 Plus a drizzle of the garlicky marinating oil  
 Pinch of Everything Bagel seasoning ([Trader Joes](#) makes a good one)  
 Pinch of flaky salt

**Quinoa Tips :** pour 1/2 cup uncooked quinoa into a small pot, add 1 cup water, and bring to a boil. Reduce to simmer and cover with a lid for approx. 15 minutes until light and fluffy!

***Head over to Instagram : [@liabartha](#)***  
 to see the Reels of other recipes we made this month, and save them for later!

# THINGS I'M LOVING

a monthly roundup of my current favorites



EQUIPT 1.5 LB WRIST AND ANKLE WEIGHTS - VEGAN LEATHER

CODE LIAB FOR 15% OFF ENTIRE SITE



LINNE PRODUCTS

CODE LIAXLINNE FOR 15% OFF



ALICE MUSHROOMS

CODE LIA FOR 20% OFF

JUNA PRODUCTS

CODE LIA20 FOR 20% OFF



## UPCOMING EVENTS

6/10/23 : The **FIRST ROOFTOP EVENT** at our new Studio in Gowanus, Brooklyn! We sold out very quickly! We wish everyone in our community could come to this event so stay tuned for details on how to join us online and enter our big giveaway!

Thank you to our Sponsor :

•Kat Burki•

11/8 - 11/12/23 : Save the date for our **FIRST B THE METHOD RETREAT** in COSTA RICA! Some of you may remember my trip to Hacienda AltaGracia last summer. It was so magical and I can't wait to share that experience with you. More details to come!

### 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!

