

B THE NEWSLETTER

A Monthly Edit: Vol. 24 // May 2023



VOL. 24

By Lia Bartha

April was a whirlwind struggle to balance work and family. I did a visiting masters series at the Cabo Auberge for a week, both of my kids had birthdays with, what feels like, endless celebrations and we officially moved into our brand new Brooklyn studio full-time!

The transition has been fun, challenging, exhausting and creatively awakening. After working from home for the last 3+ years, I now commute every day (on a bike!) and have hours of uninterrupted time to intentionally focus on B The Method.

At first, I had anxiety about the big change and insecurity that I was biting off more than I could chew, but after settling in and spending time in the beautiful space, I know that this is going to be an epic new chapter for our community.

Thank you to everyone who's shared feedback, suggestions and support. Based on what I've been hearing already, the new backdrop and video angle in class has helped you visually understand the cues more clearly. This is music to my ears because, as you all know already, form is everything and will take you to the next level.

This month, we'll be getting the studio ready to maybe even have some visitors, so stay tuned for what's to come!

xx

IN THIS ISSUE

MAY FORM TIP

side lying ball position

MEET THE COMMUNITY

say hello to Danielle

MONTHLY RECIPE

wild rice bowl

THINGS I'M LOVING

a round up of my current favorites

IN OTHER NEWS

MAY FORM TIP

side lying position of the ball

This month's form tip is all about ball placement while in the side-lying position. During my consultations this month, I had a bunch of people inquire about how to properly place the ball on the waistline. So let's dive into it! To start, you'll want to remember that the ball is always there to challenge and support your body, not to make the exercise easier. If it's making it "easy", chances are you may need to tweak your form a little bit. In this specific position, the ball is a reminder to activate the transverse abdominis muscle, allow you to be in a neutral spine, and relieve a little pressure on the shoulders so the core can be challenged during lower body exercises.



DO'S:

- Place the center of the ball in your waistline, meaning just above the hip bone and just under the bottom rib.
- You'll feel a little upper body support and enough space to elongate spine in neutral.
- You'll find support of the outer thigh and hip of the bottom leg, on the floor.
- Lift the body upwards by activating and engaging the lower transverse abdominis touching the ball.

DONT'S:

- Place the ball directly under the hip bone (picture 2) which provides too much support of the hips and not enough support of the shoulder.
- Place the ball directly under the lats and ribcage (picture 3) which provides too much support of the shoulder and not enough support of the hips.
- In both cases, you won't find enough full-body stability which is key to engaging a deeper layer of muscle.
- Also, it will be much more difficult to remain in neutral when you start to move a limb.

MEET THE COMMUNITY

say hello to Danielle



DANIELLE, NEW YORK, NY @dzielstein

Registered Dietician

Hi everyone! My name is Danielle and I am a registered dietitian, specializing in disordered eating, intuitive eating, and gastrointestinal health. I have always had an interest in health and medicine, and a love for connecting with people. I realized from a young age that food is an integral part of everyone's daily life—and it can have powerful positive impacts, like facilitating connection during a meal, or celebration during a holiday; it can also be a source of stress for many who suffer from gastrointestinal disorders, eating disorders, or people who have spent years dieting and are left with a poor relationship with food and their body, and confused about how to listen to their own bodies to feel their best. Of course, our health is affected by so much more than food, and I am very passionate about the importance of mental health and emotional wellbeing as well. Things like relationships, stress levels, and of course movement are essential factors.

My mom is a physical therapist and certified Pilates instructor, and she first fell in love with Lia's Method. I would do it with her occasionally, and the more I did it, the more I became hooked also. I just love how B The Method classes are so focused on form, alignment, and deep connection to your body, and they leave you feeling strong but energized and calm at the same time—no leaving a class feeling depleted or strained. I think Lia's cueing is truly amazing and has enabled me to discover muscles I didn't know I had. She is so genuine and relatable; I also have scoliosis and am a former dancer like Lia, and I trust her to help me connect to and align with my body in a sustainable way. One of my favorite parts of Lia's classes is her messaging—you never hear her saying to do an exercise to get a six-pack (or to achieve any other aesthetic result that may or may not even be attainable for that individual); just to listen to your body and move for strength, mobility, longevity, and injury prevention. For that reason, I feel comfortable referring so many of my clients to her Method. With diet culture and health misinformation so rampant these days, B The Method is a breath of fresh air! I believe finding accessible, sustainable, enjoyable movement that promotes feeling your best in your body is key to overall wellbeing. I love helping people tune out the outside noise to be able to tune in to their own body and mind, and I am so glad to have found a movement platform that aligns with this!

MONTHLY RECIPE

wild rice bowl with asparagus, charred lemons, tofu + turmeric cashew sauce

From our recipe contributor, Emily Fiffer of [Botanica Restaurant](#): For this month's recipe, Lia requested a grain bowl. I wanted to create something that felt springy yet satisfying, healthful without feeling boring or staid. I settled on wild rice because it's a nutritional powerhouse: Technically a grass, it's packed with antioxidants (30x more than white rice!) and fiber, and is one of my favorite gluten-free ingredients. It has a way of soaking up thinner vinaigrettes, so I created a super-versatile creamy turmeric cashew sauce to drizzle over the top. Massaged kale, sauteed asparagus, charred lemons (trust me) and tofu round it all out. Bonus: It all comes together in under 30 minutes. Hope you add this one to your rotation. p.s. I wrote about [another addictive condiment](#) in my last newsletter!

Wild Rice Bowl with Asparagus, Charred Lemons, Tofu + Turmeric Cashew Sauce

Serves 2

½ cup (uncooked) wild rice
 5 fat spears asparagus (if you can only find thin asparagus, increase the quantity!)
 ½ bunch kale, stripped from the stems and chopped
 1 lemon, halved, one half kept as is, the other sliced very thinly into rounds
 ½ package organic extra-firm tofu, sliced into 2-inch cubes
 Extra Virgin Olive Oil
 Kosher salt to season and flaky salt to finish (I use Maldon Salt)
 Turmeric Cashew Sauce (recipe below)

Turmeric Cashew Sauce

makes 1½ cups

½ cup cashews, soaked overnight in room temp water or for 15 minutes in boiling water, then drained
 2 cloves garlic, smashed with the side of a knife
 1 lemon, juice and zest
 2 tablespoons evoo
 1 cup filtered water
 ½ teaspoon ground turmeric
 3 tablespoons nutritional yeast or parmesan cheese (grated)
 1 teaspoon white miso
 Kosher salt



For the turmeric cashew sauce: Add everything to a blender and blend well. Season with Kosher salt, pour into a saucepan and heat gently for a few minutes until the sauce thickens. Set aside to thicken further.

For the rice bowl: Cook the rice per the specifications on your package; drain and set aside to cool.

In a medium serving bowl, add the kale. Squeeze ½ lemon over the top, a glug of olive oil and a pinch of sea salt. Massage well with your hands until the kale softens.

Heat a splash of olive oil in a saute pan over medium heat. Add the asparagus spears and saute until the spears are browned on both sides. Slide onto a cutting board to cool, then slice on the diagonal. Put the pan back on the burner and add the lemon slices. Saute very carefully, flipping once, until caramelized on both sides. Remove the lemons and set aside. Put the pan back on the burner and add a splash of evoo. Add the tofu and saute until browned on both sides. Season with Maldon.

To serve, add the rice, asparagus and tofu to the bowl of kale and mix well. Spoon over a healthy pour of turmeric-cashew sauce, top with caramelized lemons and season with flaky salt.

Notes:

- You'll have leftover sauce and that's a good thing! It'll keep in the fridge for up to 4 days. Thin with a bit of water if necessary, then drizzle on roasted veg, crudites, or use as a salad dressing.
- You can use brown rice here instead of wild.

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




MAGNESI-OM

CODE LIABARTHA15 FOR 15% OFF ENTIRE SITE




ANIMA MUNDI PRODUCTS

CODE LIA15 FOR 15% OFF ENTIRE SITE

HEROS TWO PIECE SWIMSUIT

CODE LIABARTHA FOR 15% OFF ENTIRE SITE

Women'sHealth 9 COLD SHOWER BENEFITS
(I've been trying to do this daily!)

IN OTHER NEWS

- Happy Mother's Day to all the mama's and mama figures out there!
- Want to be our next featured community member? Please let us know by emailing 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](https://www.instagram.com/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!

