



B THE NEWSLETTER

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TWO YEAR ANNIVERSARY

By Lia Bartha

It feels like just yesterday when I sent out the one year anniversary newsletter to you all and now here we are already at year two. It's been an incredible year of growth — both in community and variety on the app, with much more to come this year. I want to take this moment to thank you all for helping me expand the method to such a wide community of friends and family, all over the world. We now have members in nearly every country, which is so hard to fathom as I sit here on the little island of Oahu, in the middle of the Pacific Ocean, where I grew up.

You all are the driving force of the method. Every suggestion, comment, and story shared with me and the community is internalized so deeply and then processed through healing and powerful movement. When I hear you talk about travel gut and neck stiffness, you know damn well that I'll be incorporating exercises in that week's live classes to help support you. So please please, keep the communication going, always. As we all know, communication is everything, with our bodies, with our minds and in relationships with others. We'll continue to b present, b open, and always b learning here, year after year.

This newsletter is going to be focus on maximizing your experience with the method through movement, yearly discounts, making the most out of your at-home space, and assuring you are properly fueling your body, pre and post workout.

I'm so excited for another year of classes and discussions with you and especially for you to see all the b the method newness! I love you all so much!

xx


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Let's dive into a question I get asked a lot which is, "*What series should I do if I'm feeling (insert mood here).*" There are so many varieties of series on our platform and I want to make sure you can easily find the perfect class for you. So, let's chat the categories.

Cardio Flow: Great for boosting endorphins when you're feeling sluggish, reducing inflammation in the body when traveling, and increasing the bodies circulation to flush out uncomfortable lactic acid.

Deep Focused/Advanced: Great for strengthening a targeted muscle group that needs a little more attention. If you feel weak or disconnected from a part of your body, find a series in this category to reconnect.

Fundamental/Beginner: Great for taking your body and mind back to the fundamental movements of the method. A perfect place to begin if you're new to the method or when you're trying to perfect form and alignment.

Length & Reach: These are my go-tos when I feel tight, tense, anxious, or stressed for a full body and mind release. The oppositional movements will open and lengthen the body in ways you can't explain other than feeling for yourself.

Livestream vs. Recorded: Head to the livestreams and livestream replays for chats about the movements in class. Head to the recorded series if you want to jump right into the movement.

Myofascial: Release all tightness in targeted fascia areas to eliminate discomfort. (BTM myofascial ball coming soon)

Prenatal/Postnatal: For the mamas and mama to-be's but also for those looking to reconnect to the pelvic floor. And, beginners looking for mellow but sneaky series.

Restorative/Meditative: Reconnect back into your body and breath with these series. Great for nighttime movement.

Specialty: You'll find neck-friendly, wrist-friendly, stretch & flexibility series etc.

Weighted: Use light 1lb weights to intensify any series for added resistance. Hint: you can add weights to any series as long as they don't prevent you from using your core.



THE YEARLY DISCOUNT

a huge thank you for celebrating our two year anniversary

As a thank you for another amazing year of support, please use the code **2YEAR** for **25% off yearly memberships**, for both new and returning subscribers!

We're here to make this as easy as possible for you, so please feel free to reach out to hello@bthemethod.com with any questions you may have. And, follow these tips:

- If you're already a member and signed up on the web initially, go to your account > billing > then add code 2YEAR there. (This works for renewals and those of you changing from monthly to yearly)
- If you're already a member and signed up via an app initially, cancel your account on the app and resign up with a new email on the web by clicking on the button below.
- If you are new or wanting to reactivate a canceled account, click on the button below to automatically redeem!

sign up here!

THE METHOD ESSENTIALS

create a space in your home that is inviting, comfortable, and motivating with some of my favorite essentials



GLASS WATER BOTTLE



ROOM SPRAY



MATCHING BRA & LEGGINGS SET



BODY WIPES



DRY SHAMPOO



MATCHING BRA & SHORTS SET



CORK MAT SPRAY



DEODORANT



UNITARD

BIKETARD



HAIR CLIP



OIL FOR THE PALMS



WHITE GRIP SOCKS

IN THE KITCHEN

pre- and post- workout tips to enhance your sessions & recovery



PRE- WORKOUT FOODS TO EAT 30-60

MIN BEFORE YOUR SESSION:

(THINK CARBS & PROTEIN IN SNACK SIZE, NOT FULL MEAL SIZE. AND, DON'T OVER HYDRATE)

- Apples & Cheddar Cheese
- Banana & Nut Butter
- Toast & Nut Butter
- Toast & Avocado
- Fruit & Nuts
- Overnight Oats & Fruit
- Hardboiled Egg on ½ an English Muffin
- Cottage Cheese & Fruit
- Date & Nut Butter w/Cinnamon

POST- WORKOUT FOODS & FLUIDS:

(THINK COMBO OF PROTEIN, CARBS, & FLUIDS BUT NOT PROCESSED SUGAR, PURE PROTEIN OR HIGH FAT FOODS BY THEMSELVES)

- Veggies, Hummus & Pita
- Veggie Omelet & Toast
- Tofu (or Chicken), Veggies, & Quinoa
- Tuna, Veggies & Crackers
- Toast, Nut Butter, & Banana with Cinnamon
- Yogurt, Fruit, & Nuts
- Veggie & Fruit Smoothie with Protein
- Coconut Water or Water with Electrolytes

This month, [Seed](#) is doing an #InvisibleSummer series on Instagram where they deep dive into topical issues related to the gut. As you know, [Seed DS-01™ Daily Synbiotic](#) is a staple in my life, when traveling or not. I wanted to share something I found interesting: [4 Summer Inputs That are Affecting your Gut](#).

Red Meat: Increased intake of red meat (usually during grilling season) causes more growth of bacteria that produce a compound (trimethylamine N-oxide to be exact) which elevates the risk of cardiovascular disease.

Fish: Consider fish instead because of the omega-3 fatty acids that interacts with gut microbiota to help maintain intestinal wall integrity.

Fruits & Veggies: Now is the time to add diversity with seasonal fruits and veggies. The American Gut Project (the largest study of the human gut to date) revealed people who ate thirty or more different types of plants per week had a significantly more diverse gut microbiome. Honorable mentions: bell peppers, corn, cherries, watermelon, zucchini, peaches, plums, tomatoes, and berries.

Alcohol: Chronic and binge consumption can lead to dysbiotic shifts in the intestinal microbiota, and may be associated with increased inflammation and permeability of the gut.

I hope you find these facts interesting too! If you're interested in [Seed](#), go check out their [Instagram](#) and use code LIA15 for 15% off your first order. #seedpartner

In Other News

- Hawaii friends, we're having a pop-up class on Friday, August 5th at 5:30pm at South Shore Market at Ward. Click [here](#) for more details!
- Also, next the IRL class will be in Costa Rica on August 22-30th at [AltaGracia](#). Click [here](#) for more details!
- We're continuing the conversation over on our private [Facebook](#) group. Join to get first access to our events and more importantly, deepen your connections with the community.

THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.
Please fill out this [form](#) with any questions, comments, and feedback.

