

B THE NEWSLETTER

A Monthly Edit: Vol. 27 // August 2023



VOL. 27

By Lia Bartha

We almost thought about supersizing this newsletter cause it's so jam packed with B The Method goodness. Just because it's summer doesn't mean we stop working our b the asses off.

For starters, we've got our very special third anniversary sale available to new and old subscribers alike. It's been a crazy three years and we've seen some pretty big milestones recently. The biggest of these benchmarks has to be moving the studio out of our house and into our beautiful new space in Gowanus, Brooklyn. This leads me to...

Our anniversary rooftop event was just so incredible. Thank you to everyone who showed up and felt the love...and heat. And for those who asked, I'll be posting that playlist asap. Folding in live events and vibing together after only being able to connect online has been just what the doctor ordered and we're not stopping the live train in Brooklyn!

This month we're headed to the Hero Beach Club in Montauk for a handful of classes and some beach time with the fam. After some serious Long Island tick checking, we're going all the way west to hang with my very pregnant sister in Los Angeles. I've been missing her terribly and can't wait for major qt with my bffae (I stole that one from another "and ever", Ruby).

And finally, the ultimate live experience, the first ever B The Retreat in Costa Rica. The response has been overwhelming and I can't wait to get together with our community in one of the most beautiful places in the world (plus The Well spa there is unreal). It's going to be quite the adventure and couldn't we all use a little more adventure in our lives? All I know is, I couldn't be more excited to be on this trip with all of you.

xx

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SAVE THE DATE

3RD ANNIVERSARY SALE

our biggest sale of the year

In celebration of our third B The Method app birthday, we're offering 25% off all yearly memberships for the entire month of August using:

code : **3RDYEAR**

CLICK HERE FOR 25% OFF YEARLY MEMBERSHIP

Here are some helpful tips to get you set up. If you have any questions, please email hello@bthemethod.com

***SALE ONLY REDEEMABLE AT BTHEMETHOD.COM*
(Apple and Android stores will not allow for discount codes, so please use website only)**

- If you're an **EXISTING MONTHLY MEMBER** > go to account > settings > billing > change frequency to yearly and add code, 3RDYEAR.
- If you're an **EXISTING YEARLY MEMBER up for a renewal during the sale** > go to account > settings > billing > add code 3RDYEAR.
- If you're an **EXISTING YEARLY MEMBER up for a renewal during the sale and are already on a discount** > go to account > settings > billing > switch frequency to monthly and then back to yearly > and add code 3RDYEAR.
- If you **ORIGINALLY SIGNED UP FOR A MEMBERSHIP THROUGH iOS, ANDROID OR ROKU** > cancel your account > re-sign up with a new email address on the website using code 3RDYEAR at checkout. Bonus, you'll receive another 7-day free trial for the inconvenience.

**You'll still have access to all the apps no matter where you sign up.*



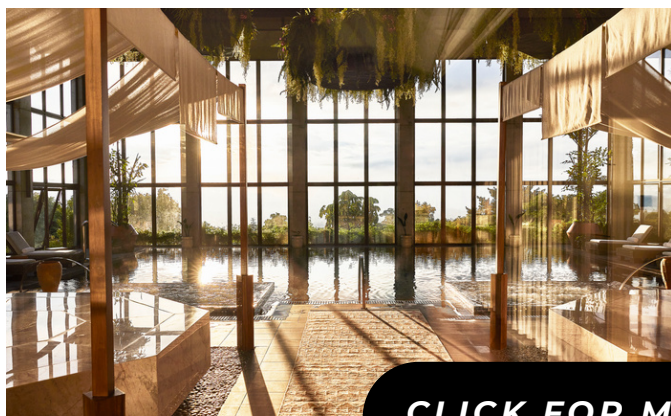
In addition, we're also offering 15% off all B The Method props!

Code : **3RDYEAR**

CLICK HERE FOR 15% OFF ALL PROPS

B THE METHOD RETREAT

at The Well at Hacienda AltaGracia



As many of you know, last August I spent eight days in Costa Rica at Hacienda AltaGracia. I had the pleasure of teaching in-person classes in their serene outdoor Ranchos, as well as live-streaming from my beautiful Casa. (These series are still up so check them out if curious).

I immediately fell in love with the people, the food, the culture, the focus on sustainability and just the overall vibe, or as the locals would say, Pura Vida. I knew pretty quickly that this was the perfect spot for our very first B The Method Retreat.

This November, we'll be heading back to Hacienda AltaGracia and The Well with community members from all around the world.

CLICK FOR MORE DETAILS

Please take the time to read all about this incredible experience by clicking on the button above. We are almost at full capacity so if you have any questions and are interested in joining us, please don't hesitate to contact us at events@bthemethod.com.

And if you can't join us this time, we're already brainstorming locations for our next retreat. We promise to always keep it special!

Getting this community together face to face is our top priority, so stay tuned for so many more exciting happenings.

Until then, Pura Vida!





B THE METHOD HAMPTONS

B The Method is coming to the Hamptons



We're taking B The Method to the Hamptons this year for one week only. Come join me at **Hero Beach Club in Montauk** for an outdoor class and hang.

Where : **Hero Beach Club, 626 Montauk Hwy**

Dates : **8/7 & 8/8**

Time: **9:30am**

What to bring: **Water and a Mat**

[SIGN UP FOR 8/7 HERE](#)

[SIGN UP FOR 8/8 HERE](#)

B THE BITES

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



Caesar salad pasta with roasted chickpeas

Vegan Caesar dressing:

1 cup cashews, soaked for about an hour
 1/2 cup water
 2 tbsp lemon juice
 2 tbsp capers
 2 tbsp water from capers jar
 2 tbsp dijon mustard
 2 tbsp vegan Mayo
 2 garlic cloves
 2 tbsp nutritional yeast
 Sprinkle of salt & pepper

Soak the cashews for at least an hour. Then, drain and add to a food processor (or blender). Add in everything else and blend until smooth.

Roasted Chickpeas:

1 can of chickpeas, drained and patted dry
 2 tbsp olive oil
 1 tsp garlic powder
 1/2 tsp onion powder
 1/2 tsp paprika
 1/4 tsp cayenne
 salt and pepper to taste

Toss the chickpeas in olive oil and spices. Then, bake at 425F for about 15 minutes (longer if you like them crunchy).

3 cups rotini pasta (I used [Banza](#) for some added protein)

2 cups chopped, slightly massaged kale
 Nutritional yeast

Cook the pasta according to package instructions, drain, and run under cold water to stop from cooking further. Add pasta and kale to a bowl. Toss with the cashew dressing (about 1/2 of the mixture, more if you like it saucy). Mix it all together and add in the chickpeas. Top off with a little bit of nutritional yeast.

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



CODE BTHEMETHOD FOR 15% OFF ELEMENTAL



UPCOMING EVENTS

- **SAVE THE DATE** : Our next Brooklyn rooftop event will be a farewell to summer on Saturday, September 9 at 10am. Don't fret if you can't make it, we'll be keeping up this monthly event going until the weather permits us otherwise. Then, we'll head inside. :)
- **NOTE**: We've added an **EVENTS** page on our website which will have all of our current happenings, with the ability to book directly. Go check it out! Linked **HERE**.

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!

