

# B THE NEWSLETTER

A Monthly Edit: Vol. 26 // JULY 2023



## VOL. 26

By Lia Bartha

Wait, is it summer already?! Wait, do I have a second and fourth grader now?! Wait, do I also have a B The Method business baby that's turning three? What is happening??? And...breath, Lia. The last few months have been such a whirlwind of busyness that I may have forgotten to plan anything substantial for my kids to do this summer. Thankfully, my partner in crime, JB, has pieced together a couple of fun trips and day camps, so I'll still be able to move with our community all summer long. Well, almost all summer.

Next week, we're heading to Michigan to explore Justin's home state. Shockingly (and embarrassingly) enough, the girls and I have never been, since we no longer have any family living there. We'll be roadtripping from Detroit to Traverse City, so if any of you are heading to the Cherry Festival, maybe we'll see you there!

This will be only the third week I've taken off live-streaming since the beginning of the pandemic. Wow. But don't fret, I'll still be uploading you a bunch of new series to try while I'm gone. Also, since we'll be doing a lot of driving, I'm sure I'll be sharing our trip on IG, so join me there if ya want a slice of the midwest (and cherry pie)!

As for B The Method turning three years old this coming August, we'll be celebrating with another Brooklyn rooftop event. Also, our big anniversary sale will be on once again! If you're new, up for a renewal or a monthly member ready to commit yourself to a year, keep your eyes peeled for the sale code.

Thank you all for another incredible year and so so so excited to keep moving (and breathing) with you in year four. Love you all.

xx

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# JULY FORM TIP

*neutral pelvis in a standing hinge position*

This month's form tip is learning how to properly hinge forward during standing exercises in a neutral pelvis. It's one of the most challenging positions to find without using a mirror but we're going to break it down for you with a visual.



DO'S:

- Bend the knees slightly, shifting your weight into the heels.
- Knees should be on top and in line of the ankles.
- Envision your glutes tapping a wall behind you as if you're sitting in a chair, not a low couch.
- Lengthen through the tailbone and equally out through the top of the head.
- Keep the core activated without popping out the ribs.

DONT'S:

- Bend the knees as if you are going into a squat with the knees over extending your toes.
- Tuck the pelvis underneath you or arch the spine
- Stick your glutes out, which will stretch the hamstrings too much.
- Curl your shoulders forward and clench the abdominal wall.
- Overwork the quads and hip flexors.

# MEET THE COMMUNITY

*say hello to Opokua*



**OPOKUA, BROOKLYN, NY**  
*OBGYN*

Hello BTM fam! I'm an obgyn living in Brooklyn and have been obsessed with BTM since I first discovered it about a year ago while studying for my medical boards exam. I had been dealing with acute-on-chronic back pain (long days of surgery with poor posture) and had discovered through a fellow black physician that BTM helped alleviate her chronic back issues. I was intrigued for 2 reasons: 1-it was the first time seeing someone who looks like me rave about pilates! (Prior to this I thought of pilates as something that was just trendy amongst LA girls with a very different body build to mine) 2-I had been going to the chiropractor without sustainable results and knew what I needed was some sort of physical therapy to help lengthen and strengthen my spine given my scoliosis. I loved that as a newbie, I could give this a try in the comfort of my own home. Lia's cues were impeccable and I became in tune with muscles I knew existed but had never consciously engaged. Just after ONE week of consistent 20 mins videos, my back pain was gone and I was singing Lia's praises to anyone who would listen! More importantly, Lia's method enlightened my perspective on the value of pilates for pelvic floor physical therapy. This has left me spending the extra minutes with my patients dealing with chronic pelvic pain, diastasis recti, urinary incontinence and pelvic prolapse on this sustainable and conservative approach to addressing these issues. Working with mostly underinsured patients and being born and raised in a developing country for half my life, it is not lost on me that unfortunately although pilates is a vital form of exercise, it isn't accessible to the majority of the population. I loved how affordable BTM was and would love to see it be even more accessible to people in lower socioeconomic settings. I will continue to encourage my patients (both pregnant and not) to take up this form of exercise as it is a super efficient way of healing and strengthening the mind and body in so many ways and can hugely impact our quality of life as we age. Thank you Lia! So so happy I found you.

# B THE BITES

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

Did any of you get a chance to try out last month's recipes? If not, make sure to try out these two recipes which hopefully spark some inspiration in you to get more creative in the kitchen this summer. I usually start with one special ingredient and start brainstorming from there. The first recipe we've been making a ton at home is a greek yogurt chicken salad using leftover grilled chicken from a bbq we hosted. It's quickly become an Asa favorite and she requests it frequently. The second recipe is my mother-in-law's lentil paté, which I like to call the veggie sister of my obsession, chopped liver. Since liver isn't for most people, this dish is great as a fiber and protein addition to a crudité platter.

## *Greek Yogurt Chopped Chicken Salad*

Grilled chicken breasts, roughly chopped  
 1 avocado, sliced in chunks  
 Shallots or red onion, roughly chopped  
 Sun dried tomatoes, roughly chopped  
 Kalamata olives, halved  
 Roasted pumpkin seeds (or pine nuts)  
 Sheep & goat cheese ([@meredithdairy](#) cheese) or crumbled feta cheese

### Dressing :

Half cup greek yogurt  
 1/4 cup olive oil ([@getgraza](#) drizzle)  
 1/2 tsp salt  
 1/4 tsp pepper  
 1/2 tsp garlic powder  
 1/2 tsp dried dill  
 1 tbsp vinegar ([yesfolk](#) kombucha vinegar)  
 Juice of half a lemon

Roasted seed tip : On the stovetop, roast the pumpkin seeds with a little olive oil and salt, making sure to stir constantly until the seeds are browned. I like them slightly burnt.



## *Lentil Paté*

1 cup cooked brown lentils  
 1 white onion, loosely chopped and caramelized  
 3/4 cup walnuts  
 4 cloves of minced garlic  
 Sprinkle of mushroom broth (or vegetable broth)  
 Handful of parsley  
 Salt & pepper

Using a food processor (I use my cuisinart), throw in all the ingredients and pulse until it creates a smooth, but not too smooth, texture. I like to serve this dish at room temp. Drizzle a little olive oil and a sprinkle a little salt to serve.

Caramelized onion tip : Drizzle a little olive oil into a hot pan and throw the onions on top with a sprinkle of salt. Sauté the onions until they are browned but not crispy on the edges. I prefer the caramelized flavor but if you prefer, just soften the onions so they don't have a harsh taste.

Best served with vegetables and crackers (these are raw herb & pizza crackers from Healing Home Foods).

**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

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## UPCOMING EVENTS

7/29/23 : BTM 3-Year Anniversary Rooftop Event at our Studio in Gowanus, Brooklyn  
We are so excited to be celebrating three years of the B the Method app with our community.  
Save the date and stay tuned for more details of how to join us in-person and virtually!

11/8 - 11/12/23 : Interested in our FIRST B THE METHOD RETREAT in COSTA RICA  
We've received so many emails of interest so if you haven't reached out and want to be in the know first, please email us at [events@bthemethod.com](mailto:events@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!

