

# B THE NEWSLETTER

A Monthly Edit: Vol. 30 // November 2023

## VOL. 30

By Lia Bartha

My 40th birthday has finally come and gone. After what felt like a celebration for the entire month of October, your girl is beyond socially fatigued! All the attention was overwhelming to say the least, but now that the day has passed, I'm feeling so grateful for all the love at the finish line for this trip around the sun.

As the starter pistol sounds on this exciting next rotation, I can't help notice a whole new batch of feelings to unpack about the process of aging as a woman. After years of hearing the jokes and clichés, the main thing I'm left with is that not only is there so much power, strength and beauty to be had in getting older but also so much clarity. I know what works for me!

I've now been solely doing B The Method for about five years now. I figured the only way I'd be able to look you all in the eyes would be to make sure I walked it like I talked it. Five years later, I've seen huge leaps in my cardiovascular stamina, muscle strength, mobility, mental health, scoliosis, postpartum repair and overall self-love. And from the constant stream of messages I get from our growing global community, it's working for you too.

For those NewBs who ask, "Don't I need to lift weights to get strong?" or "Don't I need cardio to get lean?", my response is always the same: Before you ask me about what you need, ask yourself what you want! B The Method is athletic. B The Method is cardio. It's resistance training. It's restorative and meditative. But if you love lifting weights or sports or running, B The Method is your athletic support system so you can **keep doing what you love for as long as you want!**

This support system is so much stronger as a community and I couldn't be more excited to keep getting older with all of you by my side.

See you on the mat.

xx

### IN THIS ISSUE

#### NOVEMBER FORM TIP

pelvic floor activation

#### WORKOUT GEAR

#### IN OTHER NEWS

#### MEET THE COMMUNITY

#### B THE BROTH

#### THINGS I'M LOVING

#### COMMUNITY PROMOS

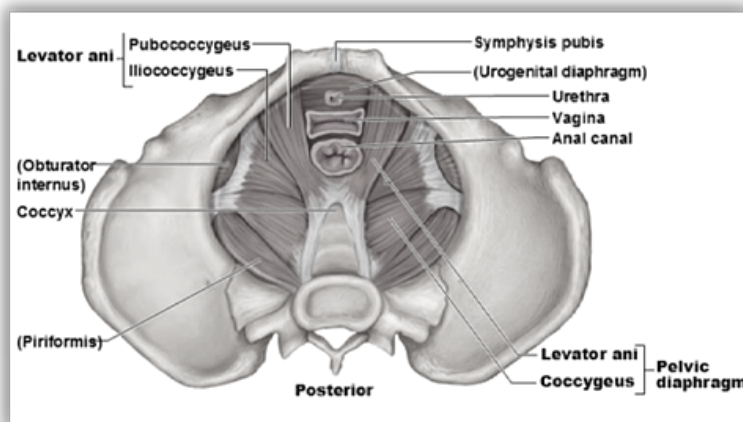
# NOVEMBER FORM TIP

*activating the pelvic floor correctly*

It's officially cold and flu season and boy I went down last month! You may have noticed my coughing, sneezing and mucus pouring out of my nose during some of our livestream classes. Now that I'm finally on the mend (and I feel for you so hard if you're in it right now), it's time to talk about what this season can mean for our pelvic floors. You may be asking yourself, "how the hell are colds and our pelvis' related"? Well, when you have a constant cough, or continue to blow your nose aggressively, the pelvic floor gets stressed out and doesn't function as well. Have you ever noticed that after a week of coughing, you might pee your pants a little bit? Don't worry, you're not alone.

Engaging the pelvic floor is not just a Kegel, a vaginal squeeze or an anal squeeze. It's an anal and vaginal lift towards the belly button that allows you to continue your lateral breathing without tension. Think lift and breathe rather than clench and hold your breath.

Lucky for us, we work on pelvic floor regularly in class so that this short-term issue doesn't turn into a longer-term problem. There was a big emphasis on how to properly engage the pelvic floor while working out this past month, so I've listed all of the series I want you to build into your repertoire this flu season.



## CLASS RECOMMENDATIONS:

[45 Min : Deep Core Focused & Pelvic Floor Series](#)

[45 Min : Full-body W/Weights Series](#)

[30 Min : Deep Lower Abdominals & Pelvic Floor Series](#)

[30 Min : Pelvic Floor & Neutral Spine Series](#)

[15 Min : Core & Pelvic Floor Series](#)

[15 Min : Stretching W/The Ball Series](#)

# WORKOUT GEAR

*helpful items for your at-home space*



B The Mat  
5mm supportive rubber mat  
for no slip workouts



1.5 Lb Equipt  
Hand/Ankle Weights  
Code: LIAB



Wooden Ball Stand



Waterboy Recovery Sticks  
Code BTM for 15% off



Coccyx Pillow  
(for tailbone and hip support)



3lb and 5lb Hand Weights  
(series to come soon on the app!)



B The Ball  
(Duh)



Calpak Luka Duffel in Green Apple  
Click for 20% off

## IN OTHER (IMPORTANT) NEWS

- **BLACK FRIDAY SALE:** Mark your calendars because we'll be having our last sale of the year on new and renewal annual subscriptions and props. The sale will run from November 22-27!
- **GIFT WITH MAT PURCHASE:** You'll receive a Cedar & Myrrh mat spray with every purchase of our new B The Mat during the Black Friday Sale!
- **THE 2023 HOLIDAY GIFT GUIDE:** We'll be sending out this year's gift guide (aka our December newsletter issue) ahead of Black Friday, so you can take advantage of all the good deals. Make sure to check your emails on November 22!

## MEET OUR COMMUNITY

Say Hello to Audrey



**Audrey, NYC,** Private Equity Investment Research, Advocate for early childhood development, Wife & Mom

I first encountered Lia early this year when she spoke at a panel entitled "Aligning Your Actions With Your Goals", and I can't think of a better way to describe the Method and Lia's encouraging and effective approach. At the time, I was slogging through a 14-month course of treatment for breast cancer as well as recovering from a pelvic stress fracture that happened during chemo, so needless to say, I was in search of all kinds of healing, core and otherwise. Lia's calm and steady demeanor, and her warmth that shone through really resonated with me. After I was cleared for exercise by my physical therapist, I went to see Lia in her studio to make sure I got off on the right foot with my form. She could not have been more compassionate and kind, and she worked with me until I felt what the poses should be. I soon found myself looking forward to logging on to the app every day - because it is so low-impact and doesn't require much equipment you can really do it anywhere anytime, so it's easy for me to fit it in. After a few weeks, I started to notice a significant difference in my core strength and a reduction in bloat, which had been an issue post-treatment. I have since been back to her studio privately and for her amazing birthday bash, and both times I felt really proud of my progress (and so did she!). Lia has really been a ray of sunshine for me this year and I look forward to more community events!

## B THE BROTH

Immunity broth

Our little BTM team has been surviving off of [Springbone Kitchen](#) Immunity broth as the season begins to change and sickness is in the air. If you're in New York I highly recommend trying out this broth when you're feeling under the weather or just flat out cold. If you're not in New York or would rather make something just as good at home, try this very easy recipe.



### IMMUNITY CHICKEN BROTH RECIPE:

- 2 quarts high-quality chicken bone broth
- 4 teaspoons apple cider vinegar
- 1 Tablespoon finely grated fresh ginger
- 1 Tablespoon freshly squeezed lemon juice
- 2 teaspoons ground turmeric (or 1 Tablespoon grated fresh turmeric root)
- 1/2 teaspoon minced or grated fresh garlic
- 1/2 teaspoon sea salt (see note)
- Generous pinch of black pepper
- Pinch of cayenne pepper

1. Put all of the ingredients into a medium-sized pot on the stove.
2. Simmer on the stove for 15-20 minutes.
3. Taste and add more salt if necessary.

# THINGS I'M LOVING

a monthly roundup of my current favorites



## COMMUNITY PROMO CODES

- FORM PROTEIN POWDER** : LIAB10 ~ 10% OFF
- HÉROS CLOTHING** : LIABARTHA ~ 15% OFF
- JUNA CHLOROPHYLL DROPS** : LIA15 ~ 15% OFF
- ANIMA MUNDI HERBALS** : LIA15 ~ 15% OFF
- ARMRA COLOSTRUM** : LIABARTHA ~ 15% OFF
- KAT BURKI** : LIABARTHA ~ 18% OFF
- IDUN MINERALS** : LIABARTHA25 ~ 25% OFF

- EQUIPT WEIGHTS** : LIAB ~ 15% OFF
- RIND SNACKS** : BTHEMETHOD20 ~ 20% OFF
- LINNÉ BOTANICALS** : LIAXLINNE ~ 15% OFF
- KROMA WELLNESS** : LIA20 ~ 20% OFF
- SUPERMUSH** : LIA20 ~ 20% OFF
- HILMA** : LIA20 ~ 20% OFF
- MOONJUICE** : LIABARTHA15 ~ 15% OFF

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!

