



LB40

By Lia Bartha

This is it, folks. This is the last time I'll be writing to you as a woman in her thirties. I will say that I've never been one to care about birthdays or think much about aging in general but I have to admit, this one feels a little bit different. Not different in an existential midlife crisis way but different in a nostalgic, "look how far I've come" way.

I spent my twenties in Los Angeles climbing the corporate ladder and realizing my calling was elsewhere. My path to Pilates, by way of needing to heal my own injuries, ended up being my passion. And I feel grateful. I spent my thirties falling in love, having two beautiful (inside and out) children and moving to a city that inspires me endlessly. That inspiration created B The Method. And I feel grateful.

This past year, I fulfilled a dream I've had since creating B The Method: I moved into my own studio. Bringing our community together under one roof (or should I say, over one roof) and seeing all of these amazing women from all different backgrounds and ages benefiting from a path I started down in my twenties has truly made me realize that age ain't nothin' but a number.

So, now that forty is just around the corner, I'm excited for the next chapter. Much like the Method, I see how it's all connected and that embracing the evolution is the key to growth. Evolution is a trip. And I am grateful.

See you on the mat.

xx

IN THIS ISSUE

AGELESS MOVEMENT

UPCOMING EVENTS

OCTOBER FORM TIP

JB ON LB FORTY

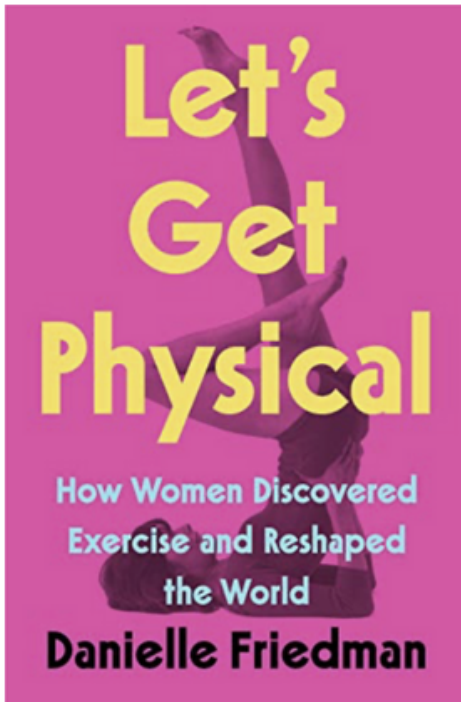
WORKOUT SETS

THINGS I'M LOVING

COMMUNITY PROMOS

AGELESS MOVEMENT

movement to take you into your 40s and beyond



As I wax nostalgic (and rock 80s workout chic) this month, I thought back to a book I read last year and introduced to our community shortly afterward. *Let's Get Physical* by Danielle Friedman explores the history of women's exercise fads and trends throughout the years. This book fascinated me and truly got me thinking about all of the trailblazing women who paved the path for me to develop and share my own method today.

I've followed Danielle's work ever since. She's a fellow New York mom and continues to write brilliant pieces of work that always get me thinking and applauding the open conversation.

We were supposed to meet up for breakfast last week but the fall school sickness got in the way, so we zoomed instead. It was such a thrill to meet someone so in line with what B The Method is trying to do. While we chatted everything functional fitness, I couldn't help wish that our beloved community had the chance to pick her brilliant brain too. So I invited her to our next rooftop event!

INTERESTING READS & LISTENS:

ARTICLE : [Fitness After 40 : How You Should Change Your Workout](#)

ARTICLE : [Fascia May Be A Key To Better Health](#)

PODCAST : [Julia Gets Wise With Jane Fonda](#)

BOOK : [Let's Get Physical by Danielle Friedman](#)

UPCOMING EVENTS

- **OCTOBER ROOFTOP EVENT:** Tickets are going very fast for what will possibly be our last rooftop event on 10/7! It's 80s themed and we have SO MUCH IN STORE!! Head to our [EVENTS](#) page for more details.
- **RETREAT:** We only have ONE more spot left for our retreat in Costa Rica. If you're interested, head to our [RETREAT](#) page on the website or contact events@bthemethod.com for more information.

OCTOBER FORM TIP

closed circuit vs open circuit

If you've been joining us live on the app this past month, you know we've been diving deep into so many hot topics and conversations. For some reason (maybe it's turning 40), I've been feeling extra passionate about the things I truly believe in. As we continue to move together (and age together), the deeper we find ourselves diving into our bodies and minds, the more we may find the need and want to discover and question, how can I evolve?

In this past week's livestream (the [30 minute full-body w/weights](#)), we discussed what it means to have "a closed circuit pelvis vs. an open circuit pelvis". Closed circuit (tucked or arched pelvis) results in an avoidance of strong connection. Open circuit (neutral pelvis) welcomes a strong connection. I can't help but make the connection to life, love and friendship. Food for thought.



JB ON LB FORTY

a note from my other half



I met Lia when she was 28 years old. So, on October 25th I will have technically known her through three different decades. I can honestly say that it's been the greatest pleasure of my life to witness her evolution as a human.

That's not to say she's "changed" at her core (and a damn strong core it is). She's still the same endlessly patient, clear-sighted, forward-thinking, quietly confident, sneakily funny, deeply wise, astonishingly beautiful person I met twelve years ago. She's also stubbornly altruistic. Ya see, when Lia recounts her journey from boldly quitting a lucrative corporate job at 25 to studying Pilates and creating B The Method, she rarely mentions why. Sure, she may talk about her dance injuries, her scoliosis or maybe even the rote boredom of using her economics degree behind a computer in a cubicle, but what she'll never tell ya is that she is simply hardwired to help others before she helps herself. This is the secret to her magic, not just as a master teacher, but as a wife and especially as a mother.

As our two amazing young daughters grow into two amazing not-so-young daughters, I can see Lia's altruism seeded in them both. I see it in their instincts to share, to care and to lift up those around them with humor and deep empathy. And trust me, they get these qualities from Lia.

Now, I'm not saying that I'm some schlub but I definitely spend too much time in my own head. This is one of the reasons why I love acting, because it forces me to get out of my head and into the moment. I sometimes have a tough time in my everyday life doing that. But if you've ever spent any time with Lia, in person or even on video, you know that it's near impossible to stay in your head for too long. She's just too damn present.

That's right, after listing all of her unbelievable traits, I'm gonna throw out one more. This one's not just another reason why our kids are special but it's also the secret sauce for B The Method. On top of her years of training, countless hours of preparation, endless creativity and attention to detail, Lia's ability to live moment to moment is her true superpower. It's the 'how' behind all of her other stellar qualities and in my experience (as an actor, a parent and as a human being) it is the most rare.

I've seen her before she had her children, before she moved to New York, before women came up to her on the street and thanked her for saving them during a global pandemic. She has come a long way. And as my other half enters her fourth decade, I continue to pinch myself that I get to experience this very special person every fucking day. After twelve years of watching her tackle life like a big-wave surfer on the North Shore of Oahu, she constantly reminds me, through her actions, to trust my instincts, B present and enjoy the ride.

See you on the bed.

xx

jb

WORKOUT SETS

THE UPSIDE



ALALA



GYM SHARK



FREE PEOPLE MOVEMENT



THINGS I'M LOVING

a monthly roundup of my current favorites



COMMUNITY PROMO CODES

From some of my favorite brands

- 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
- ELEMENTAL BARS** : BTHEMETHOD ~ 15% OFF
- KROMA WELLNESS** : 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!

