



B THE NEWSLETTER

A Monthly Edit: Vol. 28 // September 2023

VOL. 28

By Lia Bartha

Wait...summer's over?! That felt way too fast. We just got back from seven days of nothing but family hangs under one Los Angeles AirBnB roof. Since Justin is down to one ankle, that meant it was up to me to lift the heavy load of shopping and cooking for twelve. Let's just say, I have a new appreciation for Costco. I will also admit to balancing out some of those deals with spending way too much money at Erewhon (damn those delicious raw cinnamon roles). Food shopping aside, we ate, swam, danced, beached, puzzled and rubbed my sister's pregnant belly. It was just what I needed.

But alas, September is here and before we get fully back into the groove, my in-laws are headed to Brooklyn for the next few days to round out the family visits. After that, I will officially have a second and a fourth grader! Just saying it out loud is an out-of-body experience. So, before I cry on my computer, I shall bring it back into the body and get to work.

Our anniversary sale always brings a ton of newBs to the community. So whether this is your first or twenty-eighth newsletter, try to commit to a post-summer routine. I've said it before and I'll say it again: consistency will get you the results you came here for - physically and mentally. And remember, I'm here for you with whatever you need. Hey, kinda like Costco.

See you on the mat.

xx

IN THIS ISSUE

THIS JUST IN: SHOP

our new mats & foam roller

SEPTEMBER FORM TIP

UPCOMING EVENTS

MEET THE COMMUNITY

B THE BITES

THINGS I'M LOVING

COMMUNITY PROMOS

THIS JUST IN : SHOP

The new mats and foam roller are here!

You've been seeing me use the new B The Mat, in black, for a few months now and I'm excited to share that it's finally available for purchase, along with our cream version and new B The Foam Roller! We put so much effort into creating these thick, non-slip mats so that you'll have enough support in class. And, you've requested more foam roller classes so guess what's comin'?!
And here's 15% off for newsletter subscribers only. Use code: NEWSONLY



SEPTEMBER FORM TIP

Neutral spine in quadruped position



- Make sure the palms of your hands are directly underneath your shoulders.
- Make sure the tops of your quads & knees are directly underneath your hip sockets.
- Elbows should be soft, not fully bent, and not hyperextended.
- The centers of your elbows should face slightly forward, so your shoulders don't collapse forward or pinch backwards.
- The chest and back stay open to maintain a strong upper body foundation.
- Make sure your shoulder blades aren't sticking out and the thoracic section of the back isn't rounded.
- The entire spine should be in neutral (not tucked, and not arched) which includes the neck.
- Engage the core muscles without shifting the pelvis.

UPCOMING EVENTS

- **SEPTEMBER ROOFTOP EVENT:** Tickets are on sale now for our end-of-summer rooftop event on 9/9! It's going to be so fun to move together and this time we're also planning an amazing panel discussion after class. Head to our **EVENTS** page for more details.
- **SAVE THE DATE:** Most likely our final Brooklyn rooftop event of 2023 will be a very special 40TH BIRTHDAY CLASS on Saturday, October 7 at 10 a.m.
- **RETREAT:** We only have a few more spots left for our retreat in Costa Rica. If you're interested, head to our **RETREAT** page on the website or contact events@bthemethod.com!

Wellness

The Mat Pilates Workout We're Streaming Now

Written by: [Kelly Martin](#) | Published on: July 27, 2023



B THE METHOD IN THE NEWS

[Read the GOOP feature here](#)

MEET OUR COMMUNITY

Say Hello to Melissa



MELISSA, ATLANTA GA, HEALTH JOURNALIST & FOUNDER OF YMYHEALTH

As a person who has spent my entire career empowering and educating people about their health both as a health journalist and researcher, B The Method has resonated with me on so many levels. What it does for helping people maintain good health is nothing short of amazing. By providing so many different types of core-based exercises and variations of routines and class lengths, Lia makes it possible for people across skill levels to participate with confidence. I would have never imagined though that my usual role of health educator and motivator would have been reversed, with Lia being the one to empower and educate me in such a life-changing way.

In 2017, I was diagnosed with a large ovarian tumor. Given family history of cancer and being in my 30s, it was recommended that I undergo major surgery. Thankfully the tumor turned out to be benign, but the procedure left my entire abdomen in excruciating pain for months. I still endure some pain from nerve damage/sensitivity regularly. After the surgery, I decided that I would never do another sit up let alone any core exercise again for the rest of my life for fear of aggravating the area. Lia and B The Method changed everything.

In April 2020, my friend, Marla, sent me information on Lia's Instagram LIVES. I began joining and trying each routine, even cautiously attempting some roll-downs (something I would have never thought possible) and to my complete surprise the classes caused me minimal to no pain. Quite the opposite actually. My back and shoulders stopped hurting. The more classes I did, my abdomen and arms even had definition! Plus, the cardio workouts were just phenomenal! I have been an avid long-distance runner for 27 years, even ran the NYC Marathon, and the 45-minute: Cardio & Mat Combo Series (my favorite) even challenges me, and it keeps my body in excellent running condition.

Today, I could not imagine my life without B The Method in it. Since the start of the pandemic, I have worked a full-time job while simultaneously building my own company, YMyHealth, a health resource for millennials, and have been a caregiver to a parent undergoing bouts of serious illness. My days can be very long and stressful, but no matter what they bring or how tired I am, I can always count on Lia's positive nature and encouragement to motivate me to complete a workout and feel better afterwards.

Thank you, Lia, for your vision to create B The Method! I am grateful to you for giving me the confidence to push beyond my limits, so I can stay healthy and active lifelong!

B THE BITES

Sea Moss gummies

During my trip in LA, my sister introduced me to Sea Moss gummies that she bought from Kreation. I posted them on Instagram and so many of you reached out with curiosity. So, I did some research and found out that Sea Moss is dense in nutrients and minerals and great for boosting your immune system! I finished my entire jar of gummies on the flight back to Brooklyn and a friend of mine sent me her recipe to recreate at home. Let's make them this month together!



Sea Moss Gummies

- 2 tbsp Agar agar
- 3 tbsp Sea Moss powder
- 2 tsp Honey (or any other sweetening agent like maple)
- 1/2 cup lemon juice (or orange)
- 1/2 cup of any other fruit juice
- 2 tsp citric acid

1. To make the gummies, mix the agar agar and juice together and heat it on the stove until it boils. Then add in the honey, along with the Sea Moss powder, and citric acid. Stir until the mixture is fully dissolved.

2. Pour the mixture into gummy molds (or a square pan with parchment paper) and chill in the fridge for two hours.

NOTE: if you're using a pan, take the gummy mold out and cut into small squares.

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

- EQUIPT WEIGHTS** : LIAB ~ 15% OFF
- YUNI BEAUTY** : YUNIMETHOD ~ 20% OFF
- RIND SNACKS**: BTHEMETHOD20 - 20% OFF
- LINNÉ BOTANICALS** : LIAXLINNE ~ 15% OFF
- ELEMENTAL BARS** : BTHEMETHOD ~ 15% OFF
- KROMA WELLNESS** : LIA20 ~ 20% 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!

