

# B THE NEWSLETTER

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## RECALIBRATE

By Lia Bartha

There seems to be a universal shift in mood happening right now, like some sort of recalibration in both body and mind. Maybe it's the instinctual spring purge or maybe it's that life is starting to feel a little more "normal". Normal in quotes because what even is normal these days? There's a war in Ukraine but everybody's talking about Will Smith slapping Chris Rock. Covid's still here but we're also doing a lot more socializing in-person and indoors. I don't know about you but this new (ab)normal is giving me whiplash and leaving me with an indescribable feeling of unease. The danger of this feeling is to let it overwhelm us, which is why it's time to recalibrate and find new ways to thrive. Thankfully, the warmer season brings life, pulls everything out of hibernation and provides us an opportunity to embrace the changes.

So as you receive this newsletter, I'll be halfway through teaching our first in-person class since March 2020. I'm feeling nervous and overly ecstatic at the same time (basically, all the feelings!) but ready to use this moment to reinvigorate that skill. Let's take a moment to lean into the shift that's happening and use it to bring new energy and strength to our lives.

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# THE CHALLENGE

A fresh focus to your movement

APRIL 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Twisting from the Core		Engaging Glutes in Core Work		Thoracic Spinal Articulation		Neutral Pelvis
10	11	12	13	14	15	16
Lumbar Spinal Articulation		Pelvic Floor Ball Squeeze		External Hip Opening		Soft Elbows
17	18	19	20	21	22	23
Resisting Through Space		Lengthening Through the Core		Modifying for Your Body		Lateral Breathing
24	25	26	27	28	29	30
Relaxing Your Face and Jaw		Curling From the Core		Rhomboid Connection		Myofascial Series

New energy can invoke so many different notions : new people, new experiences, new surroundings, new feelings. Each brings a little bit of life and recalibration to our lives and also a little bit of spontaneity and a mix up in the routine. This month, I challenge you to bring a new energy to your mindful movement. For the next 4 weeks of April, use this calendar as a guide to reimagine your workouts and everyday movement through the assigned lens. Starting on Sunday, April 3, whether you are doing a series on the app or doing a bit of spring cleaning around the house, pay attention to how you are rotating the spine. Are you rotating from the neck only? If you are, ask yourself how you can adjust your position and use your deep core instead for support. The attention and personal body awareness will bring a fresh new outlook to the way you move your body, while also reviving the workouts you are already familiar with. Something I have always said from the beginning, implementing the tiny details makes all the difference in the short term, long term, inside and out.



## THE METHOD

A new way to revive and thrive

Building upon the theme of recalibrating and bringing new energy to our movements, now is a great time to introduce a series that will be coming soon to the app : the myofascial movement series. And, if you're unfamiliar with what a myofascial release is, then you are in for a real, and beautifully painful, treat.

Without getting too scientific, a myofascial release is a type of massage that releases any and all tight myofascia (connective tissue that wraps, connects and supports the muscles) by stretching the trigger point and holding for a few minutes or so.

It's wonderful and awful at the same time but so necessary. I've linked a tool on the next page to get you set up but also maybe there's a B the massage ball coming in the future?

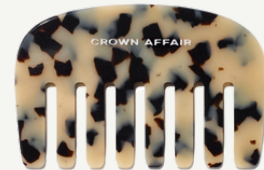
# THE ESSENTIALS

Tools to recalibrate and reinvigorate

I always try to recalibrate myself through mindfulness, movement, supportive people and authentic surroundings as well as looking to these various types of tools to help me get there. Try out one or all for a much needed moment for yourself to reinvigorate your senses.



MYOFASCIAL MASSAGE BALL SET



CROWN AFFAIR COMB/MASSAGER



ESKER DRY BRUSH



WTHN ROSE QUARTZ EYE MASK



UNICORN SPACE BY EVE RODSKY



THE NEW NEW PLAYLIST



### Seed DS-01™ Daily Synbiotic

Gut health is a hot topic and there is an overload of information (and misinformation) which can be very confusing and overwhelming. I trust science and integrity which is why it's always Seed (probiotic + prebiotic) 2x daily for me. Use code LIA15 for 15% off your first month's supply. #accountable #ad

# THE PANTRY

It's Artichoke season

I have this incredible childhood memory of sitting at my grandparents house on a late Sunday afternoon in April, in Hawaii, eating artichokes and fighting over who gets the heart. We always split the heart into sixths so each person could have a taste, and it was the most delicious bite of vegetable I ever had. Spring wasn't exactly the same as it is in New York but there was still this feeling of artichoke season marking a transformation and change in mood. It was probably spring break mode rather than recalibrating at the time but I think it actually can be interpreted in the same way. So to mark this moment of reinvigoration and recalibration (and artichoke season), I'm sharing a recipe that takes me back to that moment in time and hopefully brings spring to your bellies.

## Steamed Artichokes with Mustard Aioli

Artichoke Ingredients:

- 4 Artichokes (trim the stem off and cut the top off so the edges aren't pointy)
- Salt

Aioli Ingredients:

- 1 clove chopped garlic
- 1 or so tsp salt
- 1 tsp dijon mustard
- 1 egg yolk
- 2 tsp lemon juice
- 1/2 cup olive oil
- chopped fresh chives
- Note: you can also use mayo instead and just add the dijon, lemon & chives

Directions:

- Bring about 1/2 inches of salted water (1 tsp or so) to a boil in a pot that's deep enough to hold the artichokes standing up.
- Place the trimmed artichokes into the pot, making sure they stay standing up. Cover the pan, reduce the heat and simmer for about 20 min or so.
- Check the doneness of the artichoke by pulling a leaf close to the center. If it pulls easily, it's done. If not, check every 5 min or so thereafter. (Bigger artichokes can take a while to cook)
- Combine all of the aioli ingredients (preferably with a mortar and pestle or you can blend too) and set aside until the artichoke is ready to be served.
- Serve warm or cold. When you get to the inner layer of artichoke, pull off all the fuzzy looking stuff and eat the heart. Make sure to share :)



## In Other News

- Stay tuned for more in-person events coming soon! We're working hard to get more dates on the books!
- Make sure to join our private [Facebook](#) group to get first access to our events and more importantly, deepen your connections with the community.
- Btw, we're still working on a restock on the B the Ball. Thank you so much for your patience! In the meantime, if you don't have a ball yet, [this](#) one's a great substitute.
- And, Code 20OFF is still active on [B the Mat](#) for \$20 off the already discounted price!
- Check out the [Highway to Well podcast](#) where we talk all about the pelvic floor.

THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.  
Please fill out this [form](#) with any questions, comments, and feedback.

