

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



Holism

By Lia Bartha

Hello from snowy Brooklyn! January flew by and it's shaping up to be another exciting year for B The Method. What started as a way to continue teaching and communicating with my clients during the pandemic, has evolved into something bigger than I could have ever imagined.

Not sure if you all saw the wonderful article by Maggie Lange in The Cut (if not, read it [here](#)) but it finally seems like low-impact, holistic fitness is on the rise. This is, of course, nothing new to our B The Community members but nonetheless feels validating to what we've all been building through such hard times.

This new awareness of physical and mental sustainability and the re-imagining of how we exercise has me thinking about the bigger picture. Since so many of us have also re-imagined what our everyday routine looks like, is it possible to take the same holistic approach we have in class and apply it to our lives outside of the app?

So, as we enter February, a month synonymous with snowed in stress, I want to explore what holism is and find the ways the Method has helped me feel supported and connected in my life outside of my body. I'll give you a hint...it's you.

xx

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The Focus

Holism, not just the sum of all parts

Holism, holistic wellness, holistic fitness, holy shit what are we even talking about here and why does it sound like we should be cross-legged, sipping mushroom tea in front of a bearded shaman. What exactly is "holism" aside from a trendy wellness buzzword? Come to think of it, what exactly is 'wellness' aside from a not-trendy-anymore cliché? Not until I strip away the branded spirituality of it all and focus instead on the whole: the insides, outsides, brains, guts and the ability to strengthen the connection between them, do I start to understand what Holism means to me.

But...buuuut, the spiritual aspect of the word is undeniable when we accept that the whole can't exist without what surrounds it. One of my favorite things about sharing this newsletter with you is that it gives me the opportunity to take the same head to toe, inside-out approach I use on the mat and apply it to my community. The more connected I feel to you, the more inspiration I feel to keep creating. This balance makes me feel whole.

Wait...how much of that mushroom tea did I drink?

The Movement

The connection, connection

A few weeks ago, an email pinged my inbox from a writer who was following up on an article about B The Method. The writer's editor was confused about one word in particular that I used to describe the method: connection. This editor just couldn't wrap their head around how the word connection could have anything to do with fitness.

Connection is truly the key to understanding holistic fitness. For example, when we strengthen our inner core - our transverse abdominis - we in turn strengthen the support for our spine. When our spine is supported, we have less back pain, better posture and maybe, just maybe, even a little boosted confidence.

We don't work out a certain part of our body to solely affect just that one part. Just like we don't exercise solely to burn calories. We work out parts of our body with a focus on how to support the whole. The stronger and more supported we feel within our whole body and mind, the healthier our foundation is to offer support for our friends, families and communities. Connection.



This month, let's get even more connected with our community and keep note of what feelings are invoked after each workout. Share on our [forum](#) if you're up for a discussion.

The Essentials

Your outside's connected to your inside.

The Brain



Get organized.

This is on the top of my list for this month. Organization has never been my strong suit but I know the more I procrastinate, the more the stress of a mess can grow.

Switch up the routine.

I love a routine...obviously. But I also know that means I can also benefit the most from a switch up. Even just a little bit of variety moves mountains.

Do something creative.

Exercise that shuts off your analytical mind and puts the focus on emotional expression. For me, I love drawing with my kids and diving into their imaginations.

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Sleep.

The Heart

Stay connected with your people.

Pick up the phone and call your crew. There is nothing more grounding and centering than having conversations with people who are honest with you and truly listen. It's also equally important to be on the receiving end for those same people. Don't forget that piece.

Physical touch.

Definitely something that has been minimized during the pandemic for so many reasons. Give your loved ones some aggressively long hugs.

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B present.



The Gut



Seed DS-01™ Daily Synbiotic

A healthy gut plays a pivotal role in your overall wellbeing, I'm talking nerves, immunity, mental health, digestive health and basically everything else in your body.

This is the reason why I am constantly speaking on this topic. It's important and so many people live with an unhealthy and uncomfortable microbiome. I don't want that to be you because I've been there, and it's no fun. Seed's DS-01™ Daily Synbiotic has changed my daily relationship with my own gut health and the daily improvements are incredible. Take my word but also try it for yourself. Code LIA15 for 15% off your first month's supply.

#ad #accountable



The Pantry

Eat what feels right, for you

I love that the pantry section falls at the end of the newsletter because I envision us all sitting at a huge communal table, eating a delicious meal, in deep conversation about this month's focus. When I think of what's plated on that table, I see hearty, colorful foods that make us feel good, satiated and in sync with how we want to move through our world. I can also hear the conversations about struggles, achievements, support and truthfulness weaved in between belly laughs. Basically what I am getting at is that holism is also applicable to the way you feed your body. You can call it holistic eating or intuitive eating but really it is about diving deep within yourself, connecting your brain to your belly and your belly to your heart. Let's eliminate the labeling of foods as "good" or "bad". Let's listen to our bodies and eat when and what feels right, for us, only. This is a great first step to thinking more holistically (and intuitively) with your relationship to food. Now, off to go eat..



My favorite kitchen goods

Ingredients:

- [Oracle Olive Oil](#)
- [Maldon Sea Salt](#)
- [Garlic Powder](#)
- [Vietnamese Cinnamon](#)
- [Colemans Mustard](#)
- [Dates](#)
- [Canned chickpeas](#)
- [Anchovies in olive oil](#)
- [Meredith's Sheep & Goat cheese](#)
- [Nutritional Yeast](#)
- [Apple Cider Vinegar](#)
- [Maple Syrup](#)
- [Kelp Granules](#)
- [Garbanzo Bean Flour](#)
- [Coconut Sugar](#)

Snacks:

- [Dried Mango & Pineapple](#)
- [Rind snacks](#)
- [Coconut Chips](#)
- [Roasted and Salted Nuts](#)
- [TopSeedz crackers](#)
- [Dark Chocolate Walnuts](#)
- [Candypeople](#)
- [BjornOorn Popcorn](#)
- [Kelp Snacks](#)
- [GroundUp nut butters](#)
- [The Good Crisps](#)
- [Hippeas](#)
- [Whole Earth Bars](#)
- [Olipop](#)
- [Aprés Protein Drinks](#)

In Other News

- Thank you to everyone who emailed me last month about the testimonials! I'll be reaching out soon with details. AND, it's not too late if you would like to participate, so shoot me an email letting me know you are interested!
- There's been lots and lots of research on in-person events and retreats, so stay tuned!
- Check out some of our mentions in the media last month: [Byrdie](#), [Everyday Health](#), [Medium](#), and [Molly Sims Beauty Everywhere](#).
- Have you listened to the [Dream Bigger podcast](#) yet? How many times do I say "pelvic floor" haha.

THANKS FOR READING & SEE YOU ON THE MAT

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

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