

# B THE NEWSLETTER

A Monthly Edit: Vol 13 // MAY 2022



## MOM APPRECIATION

By Lia Bartha

This coming Mother's day, I'll be heading solo to Los Angeles to spend the weekend with my mom, my sister and my sister's future mother-in-law to shop for wedding dresses. It'll be the first Mother's day without my daughters and as much as I'll miss all of the hugs and kisses on Sunday morning in Brooklyn, I'm beyond excited to reunite with my mom to celebrate my amazing sister (who is also a new mom).

There are hundreds of mother/daughter duo's from all around the world in our community, many of whom live in different time zones and connect through movement on the B The Method app. This includes my incredible mom, Carrie, who lives thousands of miles away from Brooklyn in Hawaii. When my day's ending, hers is just beginning and I know I can expect a call at some point to chat about the newest livestream...plus anything and everything else that's happened since we chatted last.

So, our focus this month is *mom appreciation*. Without the passion and belief in my own creativity my mom instilled in me as a kid, this community would not be what it is today. Knowing that B The Method plays a part in keeping the women who raised us healthy and connected is one of the great joys of my life. The other joy? My daughters, who I plan on passing down that Carrie Smith passion to.

xx

### IN THIS ISSUE

#### THE METHOD

a special gift for you & the mamas

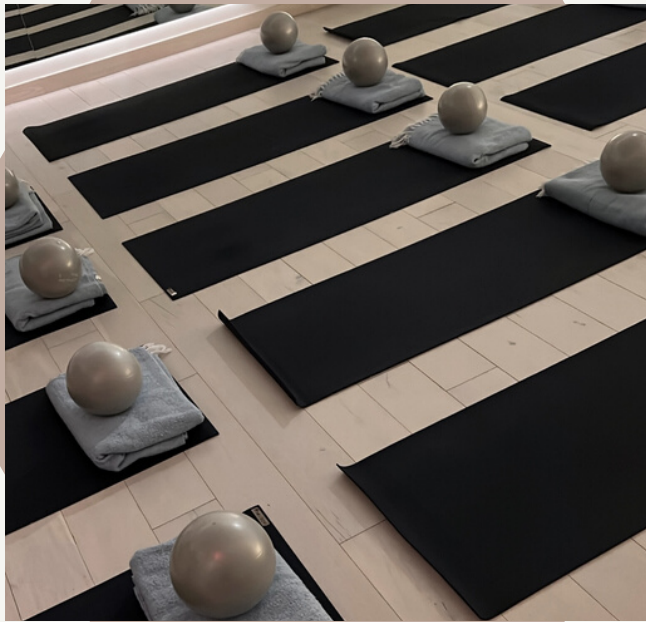
#### MOTHER'S DAY GIFT GUIDE

Gadgets

Wearables

Whimsical

Wellbeing



## THE METHOD

*a special gift for you & the mamas*

B the Method was created for people of all ages and our community members range from eighteen to eighty-one, and all ages in between. The unwavering support and connection we share with each other mirrors the gifts we received from our amazing moms when we needed it most. I can't think of a better gift to give back than the healing of body and mind through movement and community. So, please pass on this discount code for **20% off yearly memberships** to use for yourself, your mom, your friends, your dad (yes, this is for them too) or anyone else who deserves some body & mind appreciation sent their way.

**CODE: CARRIE**

But wait, there's more! When you sign up for a year, you'll also be automatically entered to win a B the Mat. Please reach out with any questions to: [hello@bthemethod.com](mailto:hello@bthemethod.com).

## MOTHER'S DAY GIFT GUIDE

*more gifts for the mamas because they deserve it*

### GADGETS

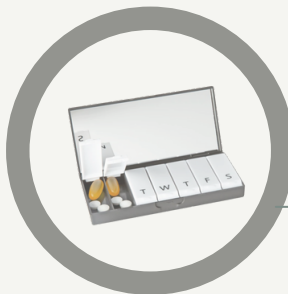
#### Beast Blender

So elegant and we're heading into smoothie/ blended coffee weather so...



#### Classic Black Pill Box

It's so pretty, simple and a great way to remember to take your daily's.

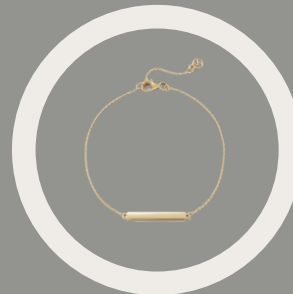


#### Marble Phone Stand

Every mom loves to facetime but has a hard time getting the angle right.



### WEARABLES



#### Mejuri Engravable Bar Bracelet

Customizable and dainty for the accessory loving mama.

#### A.P.C. Leather Wallet

My favorite wallet I've ever owned & the half moon shape is timeless.



#### Parachute Wool Clog

House shoes are something everyone should experience and own.

WHIMSICAL

Salad Freak  
Hands down the best salad cookbook there ever was.



Urbanstems Bouquet  
This bouquet is just so beautiful and Ranunculus' are my favorites.



WELLBEING



Pure Silk Pillowcase  
Silk pillows are a thing right now for a reason.



Winemakers' Selects Flight  
A curated & super cute collection of rotating wines from around the world.

B-Tox Foundation  
A favorite water enhancer with benefits.



Sockerbit Candy  
Scandinavian candy, Enough said.



Seed DS-01™ Daily Synbiotic  
Healthy gut = happy mom. Trust me. Use code LIA15 for 15% off your first month's supply. #accountable #SeedPartner



Shower Steamer  
An at-home spa experience is always a great idea.

In Other News

- Stay tuned for our next in-person weekend at The Well at the end of May!
- And, 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, you may have noticed our new B the Ball & Massage ball in recent videos. So excited about these ahh! I'm working on getting them stocked for you but in the meantime, [this](#) one's a great substitute if you need a ball ASAP.

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.

