

You don't have to believe  
it, just give it a try

### Courses & Practice

#### ➤ Personalized Approach

Complete the health and follow-up questionnaires to tailor the exercises to your specific goals and track your progress.

#### ➤ 4-hour Foundational Course

Learn the *Basic Sequence* — a series of targeted exercises to restore hormonal balance and reproductive health. Duration: 2 × 2-hour sessions

#### ➤ Practice Classes

Join guided 1-hour sessions to deepen your understanding and support long-term results.

#### ➤ Recommended Routine

Practice **2–3 times per week** with rest days between sessions.

### Pricing

👉 For full details and booking, visit:

🌐 [vitalityflame.com/shop-2](https://vitalityflame.com/shop-2)

Do not practice during pregnancy, heavy bleeding, cancer, active infections, or if your doctor advises against exercise.

Dr. Zita Demeter,  
Certified Aviva Instructor



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✉ [vitalityflame2025@gmail.com](mailto:vitalityflame2025@gmail.com)

📍 Based in Japan

💻 Online sessions worldwide

🌐 Explore the list of Aviva instructors  
by country on the Aviva Foundation site:

<https://avivamodszer.hu/>



Learn more about the Aviva  
Method and start dancing for  
your hormonal harmony!



AVIVA  
METHOD

A targeted movement therapy  
to restore reproductive health  
and hormonal harmony.

## What is the Aviva Method?

It is a natural, movement-based exercise system developed in the 1960s by Aviva Gabriella Steiner, a Hungarian-born physiotherapist living in Israel, designed to restore hormonal balance and reproductive health through mild-to-moderate, rhythmic bodyweight exercises adapted from various diverse movement traditions. The Aviva Method is grounded in established physiological principles of muscle activation, circulation enhancement, and acupressure.

Clinical studies by Dr. Zoltán Kovács explored whether performing Aviva exercises could influence uterine artery blood flow and menstrual pain levels in women with primary dysmenorrhea. The results were statistically significant.

### ⚙️ How Does It Work?

The **Aviva Method** works through **rhythmic contractions** that activate deep pelvic muscles and stimulate blood and lymph flow. It supports the **endocrine system** and encourages the body's self-healing mechanisms.



**The Aviva Method complements but does not replace medical care.**

## Potential Benefits for Women's



### Cycle

- ✓ Irregular
- ✓ Too long
- ✓ Too short
- ✓ Absent periods



### Fertility

- ✓ Stimulating ovulation
- ✓ Improving fallopian tube function
- ✓ Supporting IUI/IVF
- ✓ Supporting recovery after miscarriage



### Pain & Discomfort

- ✓ Menstrual pain
- ✓ PMS symptoms



### Menopause

- ✓ Hot flashes
- ✓ Mood swings
- ✓ Weight gain
- ✓ Incontinence



### Issues

- ✓ PCOS
- ✓ Cysts
- ✓ Fibroids
- ✓ Polyps
- ✓ Endometriosis



### Hormonal imbalances

- ✓ High prolactin
- ✓ Estrogen dominance
- ✓ Low progesterone
- ✓ Low AMH,
- ✓ TSH, T3/T4 imbalance



## Potential Benefits for Men's

### Vitality and Overall Well-being

- ✓ Boosting testosterone levels
- ✓ Increasing vitality



### Pain & Discomfort Relief

- ✓ Varicocele
- ✓ Prostate enlargement
- ✓ Stress incontinence
- ✓ Constipation & haemorrhoids



### Reproductive Health Support

Increasing:

- ✓ sperm count,
- ✓ sperm motility & quality
- ✓ potency



**Read success stories here:**

<https://vitalityflame.com/success-stories/>