



Your body, your health, your choice.

100% Natural Healthy Option



A natural movement system for hormonal harmony and reproductive health

Learn and practice the AVIVA METHOD

Scientifically supported,

Diverse Targeted Movements

Developed for women, suitable for men as well

Combines gentle to moderate rhythmic exercises

Integrated from various traditional *movement systems*

Online sessions worldwide. Learn more: <https://vitalityflame.com/>

List of Aviva instructors on the Aviva Foundation site: <https://avivamodszer.hu/>

The Aviva Method complements but does not replace medical care and control.

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 acupuncture.

The Aviva Method's widespread introduction is thanks to Livia Tóth, who established the Aviva Foundation in 2002

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

- ✔️ Strengthen the deep pelvic muscles and connective tissues.
- ✔️ Stimulate blood and lymph flow.
- ✔️ Opens up existing capillaries and increases the number of tiny blood vessels, boosting microcirculation.
- ✔️ Stimulates reflexology points that support key glands such as the thyroid, pituitary, pancreas, adrenal glands, and reproductive organs.



It supports the endocrine system and encourages the body's self-healing mechanisms.

Check the referral articles here:

<https://vitalityflame.com/referral-articles/>

Potential Benefits for

🌸 Women

- ✔️ Regulates menstrual cycles & reduces pain
- ✔️ Supports fertility & ovulation
- ✔️ Eases PMS & menopausal symptoms
- ✔️ Helps improve issues linked to hormonal imbalance
- ✔️ Strengthens pelvic floor & boosts energy

👉 Men

- ✔️ Supports prostate health & testosterone
- ✔️ Improves sperm quality & fertility
- ✔️ Strengthens core & pelvic muscles
- ✔️ Boosts vitality & energy

Read success stories here:

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

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.

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

Pricing

👉 For full details and booking, visit:
vitalityflame.com/shop-2

Contact information:

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- 📍 Based in Japan

🌐 List of Aviva instructors by country on the Aviva Foundation site: <https://avivamodszer.hu/>

