



# Aviva Method: Where movement turns dreams into reality.



## Wouldn't it feel liberating if...

- 👉 Your menstrual cycle would be regular and predictable, giving you a sense of control?
- 👉 Your emotions would stay balanced throughout your cycle, free from unexpected highs and lows?
- 👉 Menstruation wouldn't be painful, allowing you to enjoy every day without limitations?
- 👉 You would not have to rely on birth control or painkillers just to get through those tough days?
- 👉 You could support your fertility naturally, providing the best start to your little one's life.
- 👉 After months of disappointment, the long-awaited two lines would finally appear on the test?
- 👉 After a series of heartbreaking miscarriages, a healthy pregnancy would finally begin?
- 👉 After countless failed IVF attempts, the next one would succeed?
- 👉 Cysts and fibroids would no longer disrupt your well-being?
- 👉 Menopause would feel smoother, without sudden hot flashes and discomfort taking you by surprise?
- 👉 Your pelvic muscles would be strong and stable, giving you confidence and control over your body?
- 👉 And... you could confidently slip into your favorite clothes in your dream size?

**You don't have to wait for miracles.**

**You can move toward them with the Aviva Method.**

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

💻 Online sessions worldwide available on: <https://vitalityflame.com/>

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

## Contact information:

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- 📍 Based in Japan

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