

REPLAY ACCESS FOR 30-DAY AEQ LIVE TRAININGS – TERMS AND CONDITIONS

1. You need to let us know if you won't be able to attend the live training not later than 10 pm of the same day that you wish to get the replay access for. If you send a request later than 8 pm you will not get the replay access for that day. You can only listen to the recording once therefore prepare yourself for the training just like you would for a live one. This kind of approach is used to encourage you to be your most conscious and most present self while having maximum attention on the exercise.
2. You are able to request a maximum of three replays per week because they are meant to be used for absence caused by unforeseen circumstances and not for absence caused by your subconscious resistance. If your professional responsibilities require frequent absence from live trainings and you have approval from Ales to participate anyway, let us know in due time.
3. You will only be able to get replay access if your name is clearly visible on the ZOOM app and will match the name you applied with to the live training. This is how we can double check your absence from the training.
4. The purpose of the recording is that those with a justified absence can do the exercise and keep with the program. If it happens that you fall asleep, get lost or feel nausea and dizziness whilst doing live exercises take it as a learning experience that is trying to tell you something – therefore a recording is not necessary in this case because the exercise had an appropriate effect on you – you can do the exercise again by memory or by description that you receive through email. In this way, you will not go too far or not far enough but only to the point of sufficient knowledge or memory. During the program, every exercise will be done multiple times. Simultaneously, I would like to emphasize that the essence of AEQ method is not the exercise itself but the observation of it and the understanding of it, through which you can then make gradual and conscious changes. The exercise is therefore a tool that makes it possible for you to become conscious of what are you doing right and what are you not doing right through movement.
5. It is **mandatory** that you to send your request for replay access to this email address: support@aeq.si
The reason why the rules are made this way is because this is how you get the most out of the program. The purpose of the program is to increase efficiency and maturity and therefore the more we obey the rules the more orderliness we create and the better the understanding of ourselves we gain.

Ales Ernst, Teacher of AEQ Method Level 5, Teacher of AEQ Breathing Level 3