

Brain Wave Entrainment (BWE) Information:

Important Instructions, Warnings and BWE Disclaimer.

Instructions:

- Please listen to the audios/videos including brainwave entrainment technology with a good set of headphones and when you can give it your full attention.
- Be sure to close your eyes and allow the technology to guide you into a peaceful and meditative state.
- Remember to keep yourself hydrated. It is recommended that you drink a glass of water before listening to any brainwave entrainment audios/videos.
- When each session is finished, you may continue to relax, fall asleep or go about your day.
- Drink another glass of water after listening to these audios/videos to allow your body to flush out any toxins that may have been released as a result of your BWE Session.
- Do not exceed 2 hours PER DAY of BWE listening.
- Listening to the audio without using the headphones "disables" the brain entrainment technology.

Warnings:

Although these audios/videos are gentle enough to be used by most people, there are number of factors that may exclude you from listening to the audio tracks.

Please read the following carefully and use the products that include Brain Wave Entrainment (BWE) Technology at your own risk.

- Do not listen/watch these audio/video tracks while driving or operating any potentially dangerous machinery.

- Do not listen to these audios/videos if you have, are prone or are at risk for any of the following conditions:
 - Stroke
 - Epilepsy
 - Seizures of any kind
 - Heart Disease
 - Heart Surgery
 - Brain Injury
 - Brain Surgery
 - Sleep Apnea
 - Neurological and psychiatric disorders

If you are uncertain about any pre-existing medical condition, please consult a qualified medical practitioner before listening to the audios/videos that include Brain Wave Entrainment. Do not use these files while breast feeding or pregnant unless otherwise instructed by your physician.

Terms of Use – Disclaimer:

I-Grasshopper is not responsible for any physical or non-physical damages perceived or otherwise as a result of the use of This Program or any of the Brain Wave Entrainment (BWE) content contained in their products or provided on their website(s).

By downloading, listening, watching, reading and/or using this BWE technology you agree that you are fully responsible for your own actions and in no way is Satori Method or i-Grasshopper, Inc., their affiliates, partners and associates responsible, financially or otherwise for any 'side effects' intended or unintended, perceived or otherwise as a result of listening to any of the audios, watching any of the videos or as the result of the use of any of the content contained on these Brain Training programs or their website or related websites.

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Thank you,

Satori Method Academy & I-Grasshopper