Installation gide.

The best way to install a plugin is use aescript manager app:
https://aescripts.com/learn/aescripts-aeplugins-manager-app/
This will automate installation and registration process.

If you need for some reason to install plugin manually follow this steps:

Windows.

Unzip file volna_v#.#.zip

From folder Windows copy file Volna.aex to folder:

C:\Program Files\Adobe\Common\Plug-ins\7.0\MediaCore

MacOS

Unzip file volna_v#.#.zip.

From folder macOS copy file volna.plugin to folder:

/Library/Application Support/Adobe/Common/Plug-ins/7.0/MediaCore

Registration.

To register automatically, you can use the aescripts manager app.

For manual registration run After Effects, create new composition, add a new solid layer, apply effect irrealix -> volna and then click Register inside the Effects Control Window and enter your serial.