



## Instructions for Downloading MLC Podcast

To listen to the podcast of the class, you can do it several ways:

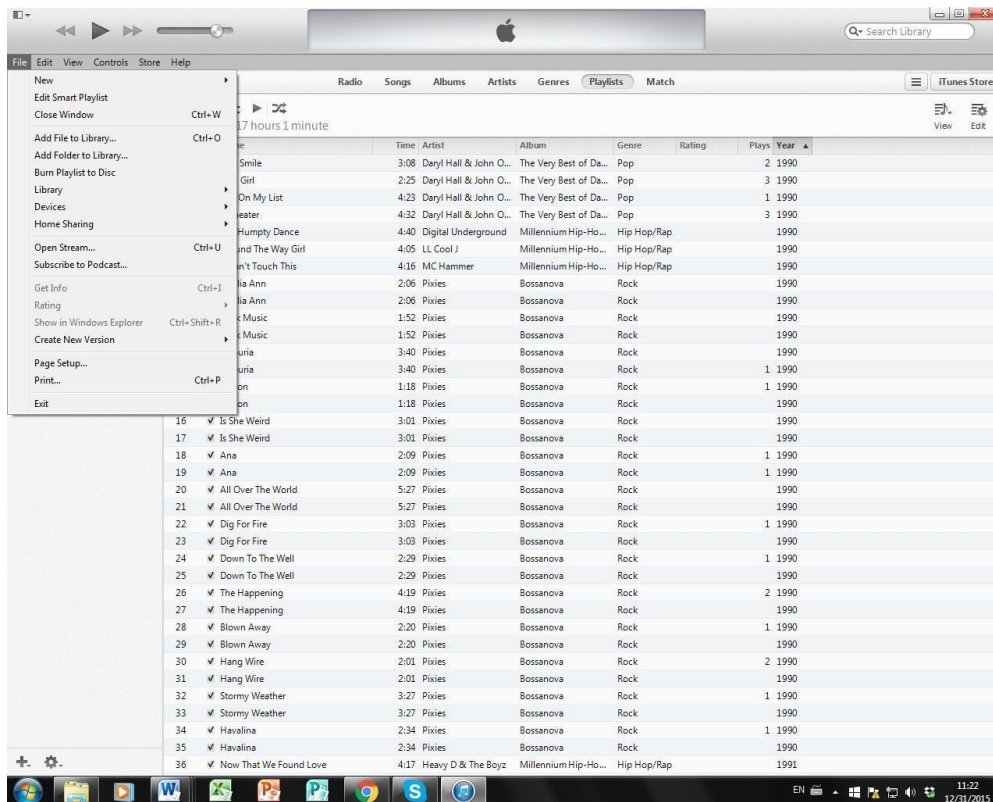
1. **Suggested method** – you can copy and paste the podcast link into your iTunes library on your computer and then synch up to your phone, iPod or MP3 player.
2. The easiest is to listen to it directly from your computer. The disadvantage of this approach is that you need to be at your computer.
3. If you downloaded the file on your computer you can write it to a CD.

I prefer the iTunes approach because it automatically downloads every time there is a new class.

Below are the instructions on how to insert the podcast into your iTunes (#1 above).

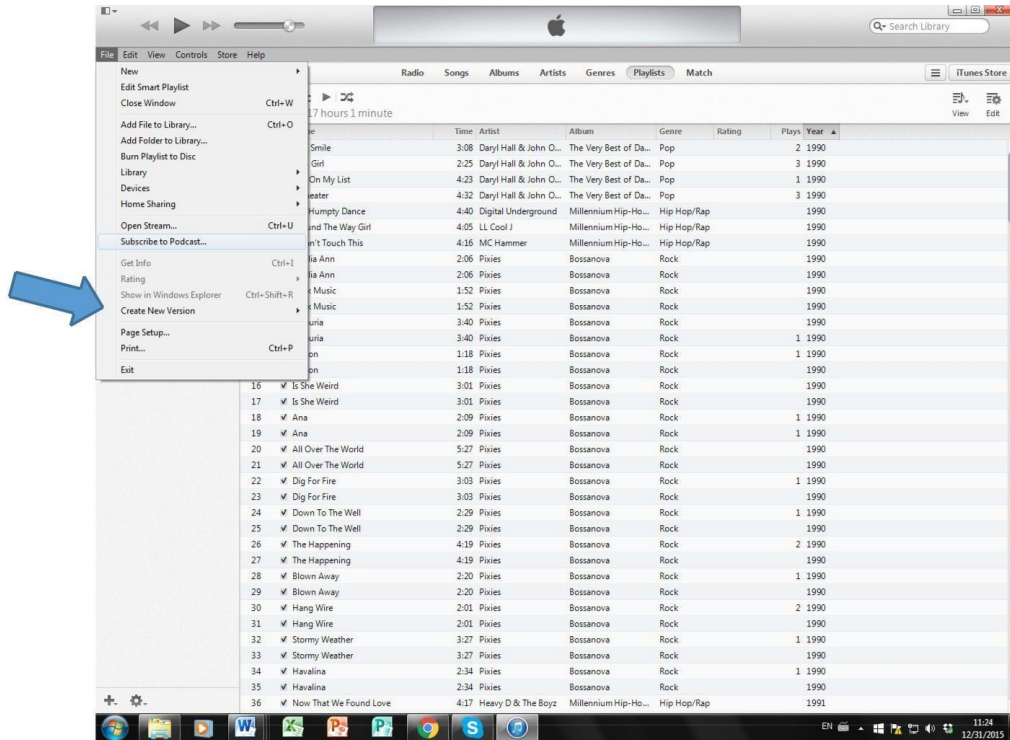
**STEP 1:** Open iTunes software \*Make sure you have downloaded iTunes to your computer/device. Opening [www.apple.com/itunes](http://www.apple.com/itunes) bring you to the iTunes store which is not where you access your replays.

**STEP 2:** Go to “File”



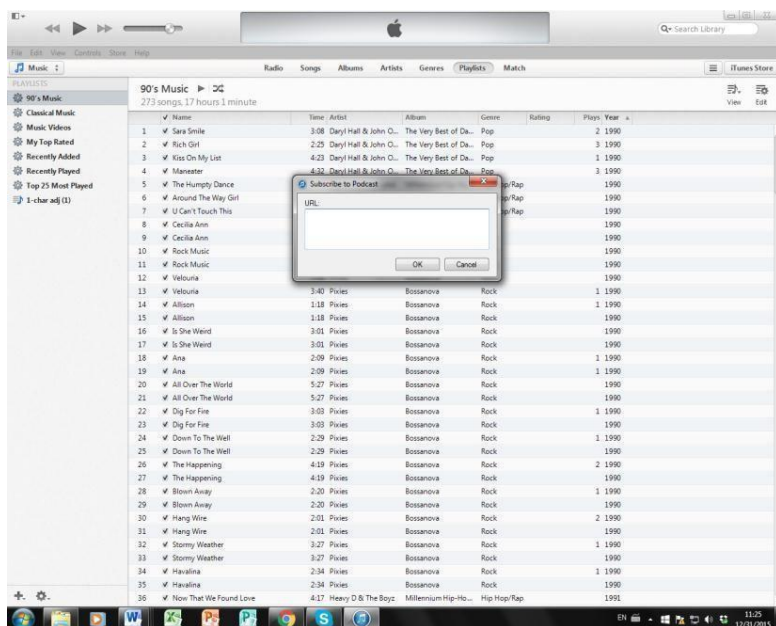


### STEP 3: Select “Subscribe to podcast”



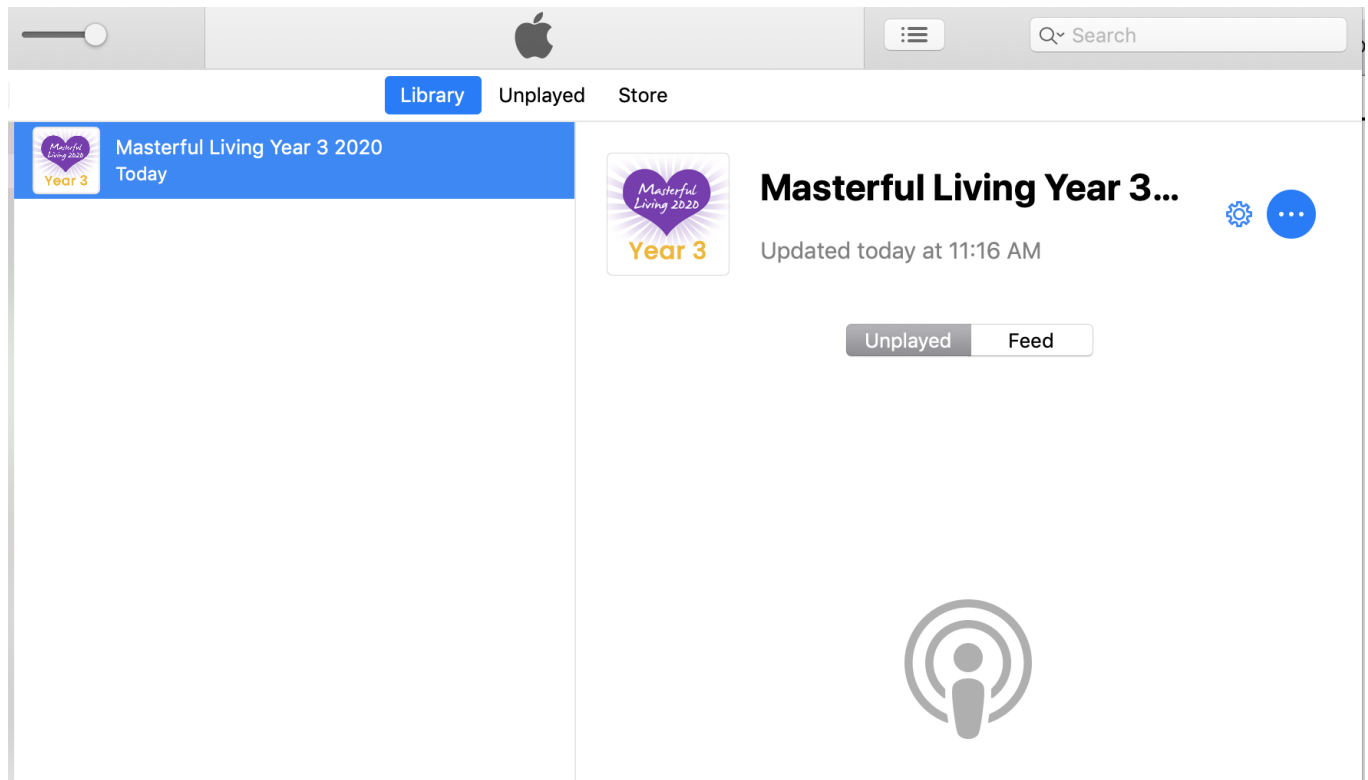
### STEP 4: Paste the podcast link into the pop up box and press OK.

Podcast address: <https://www.talkshoe.com/rss-masterful-living-year-3-2020.xml>





**CONGRATULATIONS, YOU ARE NOW CONNECTED!**



This will start downloading the last class on your computer, in your iTunes podcast library.

If you want to synch to your iPod, connect your iPod, click on your iPod icon on the left side of the screen, go to the podcast section, and select the MLC podcast.

**Enjoy!**