

HOW TO DOWNLOAD PODCASTS

A step by step guide

Print this out, make a cup of tea and get downloading!

- 1.) Go to the link on the podcast page of www.claireyoga.com to be taken to the podcast page to begin downloading
- 2.) This takes you to <http://claireyoga.podbean.com/>
- 3.) On the right hand side, click on 'Subscribe to premium content'
- 4.) This takes you to a page where you can choose which subscription you want
- 5.) Set up your Paypal account, this is quick and easy and can link to either your bank account or credit card
- 6.) Make your subscription payment via your Paypal account
- 7.) You will then be emailed your Subscription to Podbean username and password in order to access the content of the podcast
- 8.) Go back to Claire's podcast page, click the 'download' button
- 9.) You are taken to a download page where you see a big green 'download' button
- 10.) Right click on your mouse and choose your location on your own computer (ideally find our itunes folder)
- 11.) Save your podcast files here
- 12.) Your download will take several minutes
- 13.) When download is complete, find your itunes folder location on your computer
- 14.) Double click the podcast files; they will automatically open in your itunes
- 15.) Plug in your ipod to your computer and the podcasts will automatically be saved onto your ipod
- 16.) Make a specific 'playlist' where you can save all your Claire Missingham Podcasts.