

Perm Pod — a NWP podcast

Available on iTunes and
most podcast apps



Perm Pod is a collection of tips, tools and techniques to enhance your daily practice.

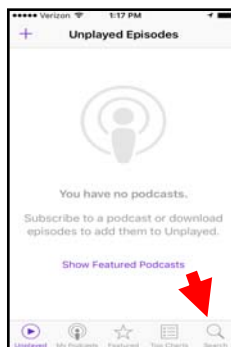
The 5 minute format makes for easy listening during a busy day.

Perm Pod features topics such as reflective statements, positive recognition and metta meditation amongst others. New topics added each month.

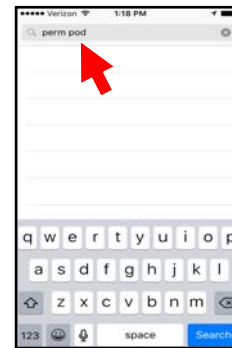
1.) Click Podcast icon on your iPhone



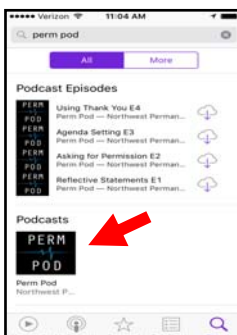
2.) Click Search button



3.) Search for Perm Pod



4.) Click Perm Pod logo



5.) Click Subscribe

