

IMPORTANT INFORMATION FOR WEBSITE OWNERS

If you have an Alexander Technique (or any other) website with it's own domain name, there are a few absolutely crucial things you need to do:

1. Registration: Your domain name is registered with a domain name registrar, such as GoDaddy.com or 1and1.com When you set up the account with the registrar you created a password and user name. (For 1and1.com the user name can be the domain name itself - e.g. abcd.com - or your customer number) UNDER NO CIRCUMSTANCES should you lose track of that information - be sure to store it in a safe place so that you can quickly and easily access your account.

You also provided an email address and credit card for the annual renewal of your name. UNDER NO CIRCUMSTANCES should you fail to keep those current - for example if your credit card has a new expiry date, be sure to update that with your registrar. Ditto a new email. You will need your password and user name (see above) to make those changes.

If your email and/or your credit card information is out of date, you risk loosing your domain name. This has happened on quite a few occasions in the Alexander Technique world.

If the domain name is registered in someone else's name, they own the domain - not you! If it is, get that changed over to you as soon as possible - or at the very least make absolutely sure that person is renewing it each time it comes due. Be very, very careful about who actually owns your domain name - if you're unsure, find out and make sure you have total control over it.

2. Web Hosting: Your website is hosted with a web hosting company, often quite separate from the domain name registrar. You want to always be able to access the control panel for that website and that requires keeping track of its user name and password. You also want to be sure the email address on file with the company that hosts your website is up to date in case you need to request a new password.

If you have a Word Press site, you will also need to know, and keep track of, the user name and password for the Word Press Dashboard in order to edit the site. The user name is usually "admin" (that can be changed, but it's a tricky thing to do). The initial password is generated by Word Press when the page was first installed, but usually has been changed by the person creating your site. Be sure you know what it is.

3. Password security: Most people are using terrible passwords (not just for domain registration and web hosting, but for their email, social media accounts, banking etc etc) that are easily hacked. The most random password in the world can be hacked by brute force if it is too short.

The best solution I've seen to creating an easy to remember password that is extremely difficult to hack is outlined at this website: <http://slate.me/NXd1U6> Way too many Alexander Technique email and social media accounts have have been hacked - often causing immense damage. (Just imagine what could happen if someone with malicious intent had access to your email account. People's lives have been turned up side down as a consequence.)

Take the time to make sure all your crucial passwords (including domain name registrar and web hosting) are safe.