

# Your NEW Natural Health and Alternative Lifestyle Web Site Portal is in the process of construction...

Holistic Awareness - Carmarthenshire  
Mind ~ Body ~ Spirit  
In Association With Sha Ka Ree

**'Linking Like Minded People'**

[www.holisticawareness-carmarthenshire.co.uk](http://www.holisticawareness-carmarthenshire.co.uk)

Sha Ka Ree

## Introduction

Sha Ka Ree would like to introduce what we hope will eventually be part of a national network of web sites devoted to Holistic Awareness, Spiritual Unity, Alternative Living or whatever term/phrase you feel most comfortable with.

A companion site in Swansea is also planned shortly which we will be linked to in due course.

*So why are we doing this? Well, we hope ...*

**'To Bring Like Minded People  
Together In One Place'**

And... other than personal recommendation, having a web site is probably one of the best ways to achieve this (*think of Friends Reunited*).

Web Sites can be kept up to date quickly and without the costs and fuss associated with printing, radio advertising, local papers and leaflet distribution etc. You are able to inform visitors about forthcoming events (via email if you wish) and about any new services etc., without any delay.

It also enables you to reach an audience that can potentially be anywhere in the world!

## Information

There are very few limits to what can be placed on a web site, but you can be certain that considerably more information can be imparted to the visitor this way than any other form of media. Television is the one possible exception, although even that has its limitations.

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## Feedback & Interaction

Information should never be a one-way process and a web site is no exception. By allowing and welcoming feedback from visitors, it keeps the site alive and up to date as you are able monitor, and reply to, those people who have made the effort to give you their ideas and opinions. By including a forum you are providing a further service where people can discuss theories, philosophies and personal experiences etc.

## Getting Found

Google now lists nearly 8.5 Billion web sites and that's not including a few other major search engines and directories. Getting your web site rated high on the directory listings can take more effort than building the site itself but there are ways to boost your chances of being found!

We believe the answer is to place yourself on a 'portal'. These are similar to mini-directories but are either area or subject specific (sometimes both). However, the fact is that they are usually larger than individual sites, contain many links and are generally easier to find by search engines.

An additional benefit of a 'portal' is for people that don't have a web site as it gives them an online presence where they can still promote themselves and what they do.

### Our Ambition

From the start it has been our hope to gather as many like minded people together (regionally) as possible, both practitioners and those with an interest in alternative living / holistic awareness etc.

However, it's success will rely on the contributions from everyone involved, from regular articles, discussions and feedback from everyone that uses the site.

Visitors and Contributors alike, should find the experience interesting, informative and current. It will evolve and grow over time... *with your help!* Information about any relevant subject will be most welcome.

### Proposed Site Contents

**The web site will have the following features, although not all will be available immediately. Others may be added in due course**

- List of Forthcoming Events
- User Forum
- Feedback
- Useful Links
- Regular Articles (from contributors)
- Sha Ka Ree's online shop
- A-Z Directory of Practitioners
- A-Z Information Directory about Therapies
- Contact Page
- Links to other Networks (in time)
- Locations of Special Interest

The following *directory* facilities will be available  
to all contributors to this site

### Basic Directory Listing

Therapy / Discipline - Name - Contact Number

### Enhanced Directory Listing

As **Basic Listing** but with...  
Address - All Contact Numbers  
Area Covered and Availability  
Additional information about services provided  
(eg. experience, history of subject, benefits etc.)  
(max 10 lines)

### Full Directory Listing (Mini Site)

As **Enhanced Listing** but with...  
One whole page to promote and inform about your service  
Four thumbnail images with zoom facility  
email link  
FREE web site link (if any)  
Location map link (if required)  
FREE Updates - anytime  
Links to other relevant sites  
FREE - Upload & Archive of article files (unlimited)  
FREE - Contribute articles - anytime  
FREE - Course or Workshop venue diary

### Directory Listing Cost

Basic	No Charge
Enhanced	£5 per month
Full	£10 per month

Please note: The charges displayed above are based on a six monthly renewal, discounts are available for annual contributions and are to enable the continued running, maintenance and development of the site to benefit everyone. There is no contract with regard to directory listings and contributors can join (or leave) at any time without penalty. We hope you find these costs fair.

‘ The brighter the light, the easier it can be seen ‘

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## WEB ADMINISTRATOR

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### PLEASE NOTE

As this site is undergoing continuous development, there is still much work to be carried out before it is available to use fully. However, as it is very much information based, contributions of this type are needed in addition to people who would like to register in the directory list.

If you feel happy about this project and would like to join us then please contact either Sheila Bassett at Sha Ka Ree or the web administrator Mark Waygood by any of the methods listed above.