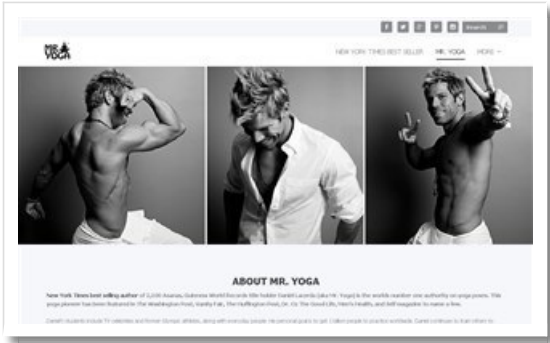


Report for mryoga.com



Score: **90 %**
















Generated on Monday, May 21st 2018 2:18 pm

This report provides analysis of the key factors that influence the SEO, performance, security and the usability of your website.

The score is based on a **100** points scale that represents your website's overall architecture, configuration and design. The algorithm is based on various criteria, including search engine data, website structure, site performance, and others.

A score lower than **40** means that there is a lot of areas to improve. A score above **70** is a good mark and it means that your website is probably well optimized.

Legend

High score	Medium score	Low score	Info only
 social	 backlinks	 visitors	 accessibility
 SEO-content	 technology	 validity	 usability
 SEO	 mobile	 performance	 SEO-Authority
 security			

Top Priorities



- Optimize images
- Fix HTML validation errors
- Add text or image anchors to all links
- Fix CSS validation errors
- Engage your followers on Google+
- Be more active on Twitter™
- Optimize your website for mobile devices
- Verify your Facebook page account.
- Promote your Google+ fan page
- Eliminate render-blocking JavaScript and CSS in above-the-fold content
- Redirect IP address to domain name
- Fix WCAG 2.0 Accessibility Errors
- Verify your Google+ page account
- Minify CSS
- Minify JavaScript
- Size tap targets appropriately
- Add HTTPS (SSL) support to your website
- Disable server signature
- Resize and optimize favicon
- Add printer-friendly CSS

Social Media Indicators



Excellent, your social media presence is strong.

Facebook Mentions	838	Twitter Recent Mentions	2	Google™+ Mentions	0
Pinterest Mentions	221	LinkedIn Mentions	0	StumbleUpon Views	93
Reddit Mentions	0				

High level of social activity increases domain authority and ability to rank higher, helps search engines to find and index new content in real-time, provides indicators for content authenticity and readers engagement.

Note: This data relates only to the websites URL and does not include specific brand pages.

Facebook



We have located following Facebook Page:



Mr. Yoga, Inc.
Company
<https://www.facebook.com/Mr-Yoga-Inc-102876415854>
MR. YOGA INC, IS YOUR #1 AUTHORITY ON YOGAPOSES

	Facebook Likes:	106,967	Great, you have many fans liking your page.	
	Talking about this:	37	Excellent, it appears that people are engaged with your content.	
	Facebook Page Vanity URL:	Yes	Perfect, your Facebook Page has vanity url.	
	Linking to Facebook Page:	Yes	Good, your homepage is linking to your Facebook Page.	
	Verified Facebook Account:	No	Your Facebook Page account is not verified.	

Facebook is the largest and most popular social networking website. A well utilized Facebook page can increase your visibility online, improve your real-time search engine optimization, and provide your visitors with a venue to connect and promote your brand.

<https://www.facebook.com/business/build>

Twitter™



We have located following Twitter™ account:



Mr Yoga@
[@MrYoga](https://twitter.com/MrYoga)
Beverly Hills, CA

Description:	New York Times best selling author & Guinness World Records title holder. Worked with TV celebrities and former Olympic athletes. Length: 133 characters.	
Tweets:	20 - Not too many tweets.	
Followers:	164,559 - Great, you have many followers.	
Following:	0 - You are following no one.	
Page Link:	Yes, your homepage is linking to your Twitter™ account.	
Verified:	No, your account has not been verified by Twitter™	
Account Age:	9 years, 13 days, 5 hours, 43 minutes	
Last Tweet:	2 years, 28 days, 4 hours, 41 minutes ago.	

Twitter is a very popular social networking and micro-blogging service that when utilized correctly can significantly increase your brand awareness, promote your products and services, boost traffic to your website and help to connect with visitors. <https://twitter.com/about>

Google+



We have located following Google+ Page:



Mr. Yoga Inc.

<https://plus.google.com/+MrYogaInc>

New York Times best-selling author of 2,100 Asanas. Discover the World's Biggest Yoga Pose Collection now! Order link below...www.amazon.com/100-Asanas-Complete-Yoga-Poses/dp/1631910108/ref=sr_1_1?s=books&ie=UTF8&qid=14



Followers:

83

You have some followers but the number seems to be a little low.



Plus Ones:

0

Not good, users are not engaging with your content.



Google+ Custom URL:

Yes

Perfect, your Google+ Page has custom url.



Linking to Google+ Page:

Yes

Good, your homepage is linking to your Google+ Page.



Verified Google+ Account:

No

Your Google+ Page account is not verified.



Google+ is a popular interest-based social network. A well utilized Google+ account can help drive organic site visits and improve brand recognition. [About Google+ pages](#)

Traffic Rank



3,022,803 most visited website in the **World**

Trend: down (+2,546,417)

Traffic Rank is provided by [Alexa](#)

Visitors Localization



No data available.

Registering country code top level domains (ccTLD) can prevent potential competitors from taking advantage of your primary domain reputation. It is also one of the ways to improve country specific SEO and performance. (<http://www.searchenginejournal.com/seo-without-boarders-a-guide-to-international-seo-nick-paterman/60092/>)

Images



Good, most images have ALT attribute.

Number of images: 17

Missing alt tag: 2

List of images with missing ALT attributes:

- <http://mryoga.com/wp-content/uploads/2016/08/2-CLICKS-final-media-banner-aug...jpg>
- <http://mryoga.com/wp-content/uploads/2016/08/final-media-banner-4-rows-mobil...jpg>

The "alt" attribute provides a text equivalent for the image. If the browser cannot display an image the alt description will be given in its place. Furthermore, some visitors cannot see images as they might be blind in which the alt tag provides a valuable image description. Finally, search engines utilize the alt attribute for image search indexing. (www.w3.org/QA/Tips/altAttribute)

Title



We have found following title:

"MR. YOGA • Mr. Yoga © Is Your #1 Authority on Yoga Poses"

Length: 56 characters

The <TITLE> element provides a short piece of text describing the document. The title is very important as it shows in the window title bars, bookmarks and search results. Title should be between 60 to 80 characters long. (www.w3.org/QATips/good-titles)

Description Metatag



We have found following description:

"Mr. Yoga © Daniel Lacerda Is a New York Times Best Selling Author & Guinness World Records Title Holder. Worked with TV Celebrities & Former Olympic Athletes."

Length: 158 characters

The description attribute should provide a concise explanation of a Web page's content. Also, the description is often displayed on search engine results and can affect page ranking. (en.wikipedia.org/wiki/Meta_element#The_description_attribute)

Keywords Metatag



No Keywords Found.

The keywords attribute was utilized by search engines to provide more accurate search results. Due to the over usage and spamming the keywords attribute has been phased out and is no longer relevant. Google doesn't use the "keywords" meta tag in web search ranking. (googlewebmastercentral.blogspot.se/2009/09/google-does-not-use-keywords-meta-tag.html)

Text to HTML Ratio



The Text to HTML ratio is **22.06%**

Original content is by far the single most important element to search engines. Low Text to HTML ratio indicates little content for search engines to index. We consider it to be good practice to have a Text to HTML ratio of at least 10% and ideal above 20%

Keyword Density & Consistency



	Consistent	Keywords	% Density	# Count	T Title	D Desc.	H <H>	A ALT	B
		yoga	7.72%	64	3	1	10	9	10
		more	1.81%	15	-	-	-	-	-
		daniel	1.69%	14	-	1	-	7	2
		learn	1.69%	14	-	-	-	-	-
		lacerda	1.21%	10	-	1	-	7	2
		students	1.21%	10	-	-	-	-	-
		best	0.97%	8	-	1	-	-	2
		practice	0.97%	8	-	-	2	-	-
		benefits	0.72%	6	-	-	-	-	4
		number	0.72%	6	-	-	-	-	2

		daniel lacerda	1.21%	10	-	1	-	-	-
		learn more	1.21%	10	-	-	-	-	-
		yoga poses	0.72%	6	1	-	-	-	-
		new york	0.48%	4	-	1	-	-	-
		times best	0.48%	4	-	1	-	-	-

		new york times	0.48%	4	-	1	-	-	-
		york times best	0.48%	4	-	1	-	-	-
		former olympic athletes	0.36%	3	-	1	-	-	-
		best selling author	0.36%	3	-	1	-	-	-
		guinness world records	0.36%	3	-	1	-	-	-

Keywords density and consistency are notable factors for optimal page SEO. Preferred keywords should have higher keywords density indicating their importance. Optimally, preferred keywords should also be consistently utilized in multiple essential areas of the page such as title, description meta tag, h1 through h6 headings, alt image attributes, backlinks and internal links anchor text. Keyword density of above 5% is a good indication that the word or phrase appears too many time in the content. ([more information](#))

Frames



No frames detected.

It is not recommended to use frames or iframes because they can cause problems for search engines. It is best to avoid frames and inline frames whenever possible (searchenginewatch.com/article/2064573/Search-Engines-and-Frames). If frames must be utilized consider <noframes> tag. (www.w3schools.com/tags/tag_noframes.asp).

Flash




 No flash detected.

Flash and other reach-media technologies should primarily be utilized for decorative purposes. This makes your site more search engine friendly and improves accessibility (support.google.com/webmasters/bin/answer.py?hl=en&answer=72746#1).

Headings



-  3 <H1>
- ABOUT MR. YOGA
 - ABOUT MR. YOGA
 - PHOTO GALLERY
-
- 10 <H2>
- A MESSAGE FROM MR. YOGA.
 - A MESSAGE FROM MR. YOGA.
 - THE EIGHT LIMBS OF YOGA
 - THE EIGHT LIMBS OF YOGA
 - Q&A WITH MR. YOGA
 - Q&A WITH MR. YOGA
 - FIRST ZEN PRACTICE: THE 1:4:2 HEALING BREATH MEDITATION INSTRUCTIONS
 - FIRST ZEN PRACTICE: THE 1:4:2 HEALING BREATH MEDITATION INSTRUCTIONS
 - YOGA FOR WEIGHT LOSS
 - YOGA FOR WEIGHT LOSS
-
- 1 <H3>
- ADDITIONALARTICLES:
-
- 0 <H4>
-
- 1 <H5>
- EMPTY
-
- 0 <H6>

The <h1> to <h6> tags are used to define HTML headings. The <h1> tag should hold the title describing the content of a specific page therefore only one h1 tag is needed per page. There can be any number of h2 - h6 tags but they should be added in order of importance (www.w3schools.com/tags/tag_hn.asp).

Doctype



 HTML 5

The <!DOCTYPE> declaration tells the web browser about what version of HTML the page is written in. It is good practice to always add the <!DOCTYPE> declaration to the HTML documents, so that the browser knows what type of document to expect. (www.w3schools.com/tags/tag_DOCTYPE.asp)

Character Encoding



- ✔ UTF-8 (Unicode)
Covers: Worldwide

To display an HTML page correctly, the browser must know what character-set to use (en.wikipedia.org/wiki/Character_encodings_in_HTML).

Language



- ✔ Declared Language: en-US (English)
Language Attribute: en-US (English)

The HTML "lang" attributes and language metatag define the base language to be used for displaying text and characters on a Website. www.mcanerin.com/en/articles/meta-language.asp

W3C Markup Validation



- ✘ Status: **FAILED** [4 errors, 2 warning(s)]

It is good practice to use valid HTML/XHTML markup as it ensures that the search engines can read the website correctly as well as it improves cross browser compatibility ([W3C Markup Validation Service](https://www.w3.org/MarkUpValidationService/)).

Deprecated HTML elements



- ✔ Good, no deprecated elements found.

A deprecated element is one that has been outdated by newer constructs. Deprecated elements may become obsolete in future versions of HTML so it is recommended not to use them. (webdesign.about.com/od/htmltags/a/bltags_deprctag.htm)

Nested HTML Tables



- ✔ Great, no nested tables detected.

In general it is not recommended to use nested tables or to utilize tables for page layout. Nested tables are known to cause performance issues due to increased HTML size and rendering time. It is better to use [CSS layout](#) instead.

Web Analytics



- ✔ Yes, we have detected following web analytics tools:
 - ✔ Google™ Analytics

Web Analytics Tools collect and measure information about visitor activity on a website. Well interpreted web traffic data is invaluable in determining a successfully web strategy and assessing the effectiveness of a website. At a minimum, we recommend to utilize at least one web analytics tool.

robots.txt



Yes, <http://mryoga.com/robots.txt>

Your robots.txt file is blocking search engines access to parts of the website.

User-agent: *

- Disallow: /wp-admin/
- Allow: /wp-admin/admin-ajax.php

Arrobots.txt file restricts access to your site by search engine robots that crawl the web. (www.robotstxt.org/robotstxt.html)

XML Sitemap



Found following XML sitemap(s):

- http://mryoga.com/sitemap_index.xml

Sitemaps inform search engines about pages available for crawling. In its simplest form, a Sitemap is an XML file that lists URLs for a site along with additional metadata about each URL. XML sitemap should help search engines to crawl the site more intelligently.

(<http://www.sitemaps.org/protocol.html>)

Accessibility Check



WCAG 2.0 (AA) Conformance Test: **FAILED** [17 error(s)]

Anchor contains no text.

[Line 133, Col 10] <a href="https://www.facebook.com/Mr-Yoga-Inc-102876415854" class="et-extra-icon et-extra-icon-backg ...

Add text to the a element or the title attribute of the a element or, if an image is used within the anchor, add Alt text to the image.

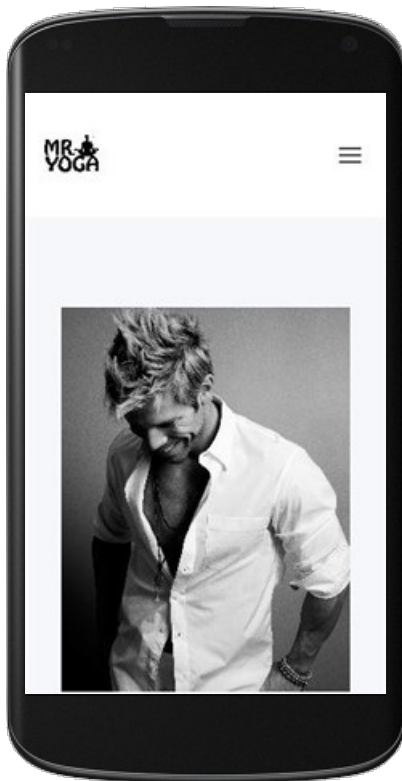
Anchor contains no text.

[Line 136, Col 10] <a href="https://twitter.com/mryoga" class="et-extra-icon et-extra-icon-background-hover et-extra-ic ...

Add text to the a element or the title attribute of the a element or, if an image is used within the anchor, add Alt text to the image.

[Subscribe to review all 17 errors](#)

Following Web accessibility standards while developing a website can help users with specific needs, such as visually impaired, motor/mobility, auditory, seizures, as well as cognitively and intellectually impaired disabilities. Some of these fixes include general seo applications like Alt tags, Form labels, fixing empty links and adding alternative text. To read more about accessibility guidelines follow this link [Web Content Accessibility Guidelines \(WCAG\) Overview](#).



Mobile internet usage has been exceeding PC's since 2014 and growing so it is critical for pages to render correctly on mobile devices.

Mobile Optimization



Google Mobile Page Speed score: **8%**(Low)

Rq. Requests	Hst. Hosts	LT Load time	Html	Img Images	JS JavaScript	CSS	F Flash	O Other	PS Page Size
47	5	3.74s	49.87 KB	8.35 MB	536.61 KB	763.77 KB	0 B	61.22 KB	9.72 MB

Recommendation	Impact
Avoid landing page redirects	None
Enable compression	None
Leverage browser caching	High
Reduce server response time	None
Minify CSS	Low
Minify HTML	None
Minify JavaScript	Low
Eliminate render-blocking JavaScript and CSS in above-the-fold content	Medium
Optimize images	High
Prioritize visible content	None

Mobile PageSpeed analyzes webpages and evaluates its performance while providing suggestions on reducing page load times. Google is incorporating website speed in search ranking (<http://www.matcutts.com/blog/site-speed>)

Mobile Experience



Mobile User Experience: **83%**(High)

- Avoid plugins** - Your page does not appear to use plugins, which would prevent content from being usable on many platforms.
- Configure the viewport** - Your page specifies a viewport matching the device's size, which allows it to render properly on all devices.
- Size content to viewport** - The page content is too wide for the viewport, forcing the user to scroll horizontally. Size the page content to the viewport to provide a better user experience. The page content is 447 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport: [show more](#)
 - The element `` falls outside the viewport.
- Size tap targets appropriately** - Some of the links/buttons on your webpage may be too small for a user to easily tap on a touchscreen. Consider making these tap targets larger to provide a better user experience. The following tap targets are close to other nearby tap targets and may need additional spacing around them. [show more](#)
 - The tap target `Creative Commo...ShareAlike 4.0` and 3 others are close to other tap targets.
- Use legible font sizes** - The text on your page is legible.
- Mobile Page Speed** - Too bad your page speed is **slow** on mobile devices.

Mobile users have now become a critical part of online visits. Making the website mobile friendly is no longer an option but rather necessity. (<https://developers.google.com/webmasters/smartphone-sites/>)

Favicon



file: <http://mryoga.com/wp-content/uploads/2016/05/cropped-favicon-at-5-sqoure-crop.jpg>

size: 512px by 512px

type: image/jpeg

Warning: favicon dimensions are incorrect. Recommended sizes are 16x16, 32x32, 48x48 and 64x64 px

✓ Good, a hi-resolution (192x192) favicon found.

✓ Excellent, apple touch icon found.

The Favicon is a small icon associated with a website. The Favicon is important because it is displayed next to the website's URL in the address bar of the browser as well as in bookmarks and shortcuts. (en.wikipedia.org/wiki/Favicon)

Custom 404 Error Page



Yes, custom 404 error page detected.

A404 is a standard http response code for a resource that cannot be located on the server. Webservers usually return a "404 Not Found" error page for non-existing pages. Unfortunately, these default error pages are very generic and a not very user friendly, therefore, using a custom 404 error page is highly recommended.

Process of returning http status code "200 OK" for a non-existent page or redirecting users to another url is called soft 404. Soft 404 errors are problematic for search engines and are not advisable. (<https://support.google.com/webmasters/answer/181708>)

Printability



Could not locate print-friendly CSS.

Print-friendly pages are designed to fit on an 8.5"x11" or A4 sheet and usually include only the content of the page, along with source information. (webdesign.about.com/od/printerfriendly/a/aa041403a.htm)

W3C CSS Validation



Status: **FAILED** [26 error(s)]

It is recommended to use valid CSS to ensure that the website displays correctly. ([W3C CSS Validation Service](http://www.w3.org/Service)).

Domain Age



Your domain was registered for the first time: 14 years, 6 months, 19 days ago.

Age of the domain is one of the many signals that search engines utilize for ranking. Brand new domains generally have more difficult time to rank high for the first few months. (<http://www.coconutheadphones.com/does-domain-agematter>)

Domain Expiration



Your domain expires in: 8 years, 5 months, 11 days.

Domain expiration far in the future is considered a good practice as it promotes confidence in your website, decreases chances of losing domain and in certain cases might help with search engine ranking. (<http://www.hover.com/blog/three-reasons-to-renew-your-domain-names-for-five-years>)

Links



We found a total of 52 links out of which 20 are duplicate links:

Internal Links: relative	Internal Links: absolute	Ext.External Links: noFollow	Ext.External Links: passing Juice	Other			
0 (0.00%)	37 (71.15%)	0 (0.00%)	15 (28.85%)	0			
Anchor(s)	# Count	Title	URL	L Length	T Target	Rel	Type
✗ EMPTY	2	-	SStatic	49	-	-	Ext.External
✗ EMPTY	2	-	SStatic	26	-	-	Ext.External
✗ EMPTY	2	-	SStatic	34	-	-	Ext.External
✗ EMPTY	2	-	SStatic	28	-	-	Ext.External
✗ EMPTY	2	-	SStatic	43	-	-	Ext.External
✓ IMAGE (Mr. Yoga @ Is Your #1 Au...es)	2	-	SStatic	18	-	-	Abs.Absolute
✓ NEW YORK TIMES BEST SELLER	1	2100 Asanas Book New York Times Bestseller	SStatic	55	-	-	Abs.Absolute
✓ NEWSLETTER SUBSCRIPTION	1	SUBSCRIBE TO OUR NEWSLETTER	SStatic	29	-	-	Abs.Absolute
✓ YOGAPOSES	1	Yoga Poses	SStatic	24	-	-	Abs.Absolute
✓ MR. YOGAAMBASSADORS	1	-	SStatic	35	-	-	Abs.Absolute
✓ UTOPIABOY™	2	-	SStatic	28	-	-	Abs.Absolute
✓ CONTACT	1	-	SStatic	26	-	-	Abs.Absolute
✓ MAKE ADIFFERENCE & OUR DOCTRINE	1	MAKE ADIFFERENCE & OUR DOCTRINE	SStatic	41	-	-	Abs.Absolute
✓ IMAGE (Mr. Yoga)	4	-	SStatic	22	_blank	-	Ext.External
✓ IMAGE (Mr. Yoga)	3	-	SStatic	34	_blank	-	Abs.Absolute

Hyperlinks are an integral part of any website and properly linked content has great impact on the SEO. It is a good practice to keep number of unique links below 100, URLs preferably as short and concise as possible and utilize nofollow attribute to control PageRank flow passed through links.

Broken Links



Good, No broken links found.

Broken or dead links can negatively impact user experience, search engine crawl rate and website traffic.

IP Canonicalization



No, your site's IP 192.254.233.46 does not redirect to mryoga.com.

Some web spiders index websites using IP as well as domain name which can cause duplicate content if there is no IP Canonicalization. (www.matcutts.com/blog/seo-advice-url-canonicalization)

URL Canonicalization



Yes, both the www.mryoga.com and mryoga.com resolve to the same URL.

Domain name with WWW and without can be considered as different pages causing duplicate content for search engines. (www.matcutts.com/blog/seo-advice-url-canonicalization)

Page Speed



Google Page Speed score: **1%**(Low)

Rq. Requests	Hst. Hosts	LT Load time	Html	Img Images	JS JavaScript	CSS	F Flash	O Other	PS Page Size
47	5	2.96s	49.87 KB	8.35 MB	536.61 KB	763.35 KB	0 B	89.33 KB	9.75 MB

Recommendation	Impact
Avoid landing page redirects	None
Enable compression	None
Leverage browser caching	High
Reduce server response time	None
Minify CSS	Low
Minify HTML	None
Minify JavaScript	Low
Eliminate render-blocking JavaScript and CSS in above-the-fold content	Low
Optimize images	High
Prioritize visible content	None

PageSpeed analyzes webpages and evaluates its performance while providing suggestions on reducing page load times. Google is now incorporating website speed in search ranking (<http://www.matcutts.com/blog/site-speed>)

Server Information



ISP: Webitwelcome.com
Server IP: 192.254.233.46
Server Location: 🇺🇸 TEXAS, Houston

Name Server 1: ns6459.hostgator.com (192.254.233.36)
Name Server 2: ns6460.hostgator.com (192.254.233.37)

Your server's IP address and location have minor impact on the country specific SEO. It is recommend to host the website in the country where the number of vistors is desired to be the highest. Search engines take the geolocation of a server into account. (<http://www.youtube.com/watch?v=hXt23AXJJU>)

HTTPS (SSL)



Issued To:
Common Name (CN): *.hostgator.com

Issuer:
Common Name (CN): COMODO RSADomain Validation Secure Server CA
Oranization (O): COMODO CALimited

Period of Validity
Begins On: 10/15/2015
Expires On: 10/15/2018

Warning: The SSL certificate is invalid for mryoga.com domain.

Google™ is now treating HTTPS as a ranking signal. HTTPS is a secure web protocol that allows for encrypted communication between website and the client. HTTPS protocol requires your website to have an SSL certificate, which can be purchased from a Certificate Authority (CA) or SSL vendor. (http://googleonlinesecurity.blogspot.in/2014/08/https-as-ranking-signal_6.html).

Safe Browsing



Yes

Safe Browsing is a service provided by Google that enables applications to check URLs against Google's constantly updated lists of suspected phishing and malware pages. (<http://www.google.com/safebrowsing/diagnostic?site=>)

Spam Blacklist



Good, your IP 192.254.233.46 is not blacklisted.

Spammer directories provide lists of IPs from which spam distribution is reported. Emails sent from the blocked IPs are subject to closer scrutiny and are much less likely to be delivered. For email campaigns it is recommended to utilize professional email services to ensure that your website IP is not blocked. (www.stopforumspam.com)

Email Address Obfuscation



Great, this webpage does not contain email addresses displayed in plain text.

It is recommended to obfuscate email addresses posted in public. This prevents email addresses from being automatically harvested by spam bots which helps to decrease number of unsolicited emails.

Directory Browsing



Great, your server has directory browsing disabled.

Protect Webserver directories from unwanted browsing. To enhance security, directory browsing should be disabled unless you have a specific reason to enable it. If you enable directory browsing, make sure that you only enable it on the particular directory or directories that you want to share. (<http://technet.microsoft.com/en-us/library/cc731109>)

Whois Privacy



Registrant:

Address: CA

Whois Privacy is a service that prevents domain owner contact information from being displayed in the publicly available Whois records. This can help to cut down on unwanted spam but utilizing Whois privacy should be evaluated against business model and branding strategy.

Server Signature



On, nginx/1.12.2

Attackers can utilize server signature versioning information to their advantage therefore it is recommended to disable it when possible. (Disable server signature for [Apache](#) or [IIS](#)).