







# Seo Analyzer mindfulnesspr.com.br

Generated on February 12 2022 01:50 AM






The score is **61/100**



## SEO Content

	<p>Title</p>	<p>Centro Paranaense de Mindfulness</p> <p><b>Length : 32</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>																				
	<p>Description</p>	<p>Formação profissional qualificada para instrutores de Mindfulness que pretendem contribuir com a cultura de paz na sociedade.</p> <p><b>Length : 125</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>																				
	<p>Keywords</p>	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>																				
	<p>Og Meta Properties</p>	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1279 1481 2049"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>pt_BR</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Centro Paranaense de Mindfulness</td> </tr> <tr> <td>description</td> <td>Formação profissional qualificada para instrutores de Mindfulness que pretendem contribuir com a cultura de paz na sociedade.</td> </tr> <tr> <td>url</td> <td>https://mindfulnesspr.com.br/</td> </tr> <tr> <td>site_name</td> <td>Centro Paranaense de Mindfulness</td> </tr> <tr> <td>image</td> <td>https://mindfulnesspr.com.br/wp-content/uploads/2021/12/IMG_4342-1-e1639419995475.jpg</td> </tr> <tr> <td>image:width</td> <td>1000</td> </tr> <tr> <td>image:height</td> <td>563</td> </tr> </tbody> </table>	Property	Content	locale	pt_BR	type	website	title	Centro Paranaense de Mindfulness	description	Formação profissional qualificada para instrutores de Mindfulness que pretendem contribuir com a cultura de paz na sociedade.	url	https://mindfulnesspr.com.br/	site_name	Centro Paranaense de Mindfulness	image	https://mindfulnesspr.com.br/wp-content/uploads/2021/12/IMG_4342-1-e1639419995475.jpg	image:width	1000	image:height	563
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## SEO Content

	Headings	<b>H1</b> 1	<b>H2</b> 4	<b>H3</b> 12	<b>H4</b> 0	<b>H5</b> 0	<b>H6</b> 0
		<ul style="list-style-type: none"><li>• [H1] Centro Paranaense de Mindfulness</li><li>• [H2] Seja muito bem-vindo(a)!</li><li>• [H2] Centro Paranaense de Mindfulness</li><li>• [H2] Atividades recentes</li><li>• [H2] Nossos cursos</li><li>• [H3] Desenvolvimento pessoal</li><li>• [H3] Saúde</li><li>• [H3] Organizações</li><li>• [H3] Educação</li><li>• [H3] Mindfulness no Parque encerra o ano de atividades do Centro Paranaense de Mindfulness</li><li>• [H3] Novo programa de Mindfulness online é oferecido pelo Centro Paranaense de Mindfulness</li><li>• [H3] Alunos concluíram a Formação Profissional em Mindfulness no final de semana</li><li>• [H3] Mindfulness no Parque terá 15ª edição em dezembro</li><li>• [H3] Programa de Mindfulness e Compaixão inicia no dia 26 de agosto</li><li>• [H3] Mindfulness no Parque encerra o ano de atividades do Centro Paranaense de Mindfulness</li><li>• [H3] Novo programa de Mindfulness online é oferecido pelo Centro Paranaense de Mindfulness</li><li>• [H3] Alunos concluíram a Formação Profissional em Mindfulness no final de semana</li></ul>					
	Images	We found 11 images on this web page.  9 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.					
	Text/HTML Ratio	Ratio : <b>20%</b>  Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.					
	Flash	Perfect, no Flash content has been detected on this page.					
	Iframe	Too Bad, you have Iframes on the web pages, this mean that content in an Iframe cannot be indexed.					

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.

## SEO Links

		
	In-page links	We found a total of 23 links including 0 link(s) to files
	Statistics	External Links : noFollow 4.35% External Links : Passing Juice 4.35% Internal Links 91.3%

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content (Press Enter)</a>	Internal	Passing Juice
<a href="#">Centro Paranaense de Mindfulness</a>	Internal	Passing Juice
<a href="#">Quem somos</a>	Internal	Passing Juice
<a href="#">PROGRAMAS DE MINDFULNESS</a>	Internal	Passing Juice
<a href="#">Sobre os programas</a>	Internal	Passing Juice
<a href="#">Programa de Mindfulness e Compaixão Online</a>	Internal	Passing Juice
<a href="#">Sobre a formação</a>	Internal	Passing Juice
<a href="#">Pré-inscrição</a>	Internal	Passing Juice
<a href="#">Blog</a>	Internal	Passing Juice
<a href="#">CONTATO</a>	Internal	Passing Juice
<a href="#">Saiba mais</a>	Internal	Passing Juice
<a href="#">Desenvolvimento pessoal</a>	Internal	Passing Juice
<a href="#">Saúde</a>	Internal	Passing Juice
<a href="#">Organizações</a>	Internal	Passing Juice
<a href="#">Educação</a>	Internal	Passing Juice
<a href="#">Mindfulness no Parque encerra o ano de atividades do Centro Paranaense de Mindfulness</a>	Internal	Passing Juice
<a href="#">Novo programa de Mindfulness online é oferecido pelo Centro Paranaense de Mindfulness</a>	Internal	Passing Juice

## In-page links

<a href="#">Alunos concluíram a Formação Profissional em Mindfulness no final de semana</a>	Internal	Passing Juice
<a href="#">Mindfulness no Parque terá 15ª edição em dezembro</a>	Internal	Passing Juice
<a href="#">Programa de Mindfulness e Compaixão inicia no dia 26 de agosto</a>	Internal	Passing Juice
<a href="#">Empresas</a>	Internal	Passing Juice
<a href="#">Rara Theme</a>	External	noFollow
<a href="#">WordPress</a>	External	Passing Juice




## SEO Keywords

 Keywords Cloud	para programa <b>mindfulness</b> que parque profissional paz formação paranaense centro
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## Keywords Consistency

Keyword	Content	Title	Keywords	Descripti on	Headings
mindfulness	23	✓	✗	✓	✓
centro	7	✓	✗	✗	✓
paranaense	7	✓	✗	✗	✓
que	5	✗	✗	✓	✓
formação	5	✗	✗	✓	✓


## Usability

 Url	Domain : mindfulnesspr.com.br Length : 20
 Favicon	Great, your website has a favicon.
 Printability	We could not find a Print-Friendly CSS.

## Usability

	Language	Good. Your declared language is pt.
	Dublin Core	This page does not take advantage of Dublin Core.




## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 5 Warnings : 29
	Email Privacy	Warning! At least one email address has been found in the plain text. Use <a href="#">free antispam protector</a> to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul>
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## Optimization

	XML Sitemap	<p>Missing</p> <p>Your website does not have an XML sitemap - this can be problematic.</p> <p>A sitemap lists URLs that are available for crawling and can include additional information like your site's latest updates, frequency of changes and importance of the URLs. This allows search engines to crawl the site more intelligently.</p>
	Robots.txt	<p><a href="http://mindfulnesspr.com.br/robots.txt">http://mindfulnesspr.com.br/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.</p>