

# Seo Analyzer stralayoga.com

Generated on February 14 2022 16:10 PM






The score is 54/100




## SEO Content

	Title	Strala Yoga - Yoga That Feels Like You <b>Length : 38</b> Perfect, your title contains between 10 and 70 characters.																
	Description	Strala has hundreds of in-home yoga videos to improve your wellbeing. You can also help others find balance through Strala's online or in-person yoga trainings. <b>Length : 171</b> Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use <a href="#">this free tool</a> to calculate text length.																
	Keywords	Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.																
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Strala Yoga - Yoga That Feels Like You</td></tr><tr><td>description</td><td>Strala has hundreds of in-home yoga videos to improve your wellbeing. You can also help others find balance through Strala's online or in-person yoga trainings.</td></tr><tr><td>url</td><td>https://stralayoga.com/</td></tr><tr><td>site_name</td><td>Strala Yoga</td></tr><tr><td>image</td><td>https://287712-888499-raikfcquaxqncofqfm.stckpathdns.com/wp-content/uploads/2016/08/training-certificate-banner.jpeg</td></tr></tbody></table>	Property	Content	locale	en_US	type	website	title	Strala Yoga - Yoga That Feels Like You	description	Strala has hundreds of in-home yoga videos to improve your wellbeing. You can also help others find balance through Strala's online or in-person yoga trainings.	url	https://stralayoga.com/	site_name	Strala Yoga	image	https://287712-888499-raikfcquaxqncofqfm.stckpathdns.com/wp-content/uploads/2016/08/training-certificate-banner.jpeg
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## SEO Content

		<p>image:secure_url https://287712-888499-raikfcquaxqncofqfm.stackpathdns.com/wp-content/uploads/2016/08/training-certificate-banner.jpeg</p> <p>image:width 900</p> <p>image:height 600</p>												
	Headings	<table border="1"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>0</td> <td>4</td> <td>2</td> <td>1</td> <td>1</td> <td>3</td> </tr> </tbody> </table> <ul style="list-style-type: none"> <li>• [H2] Express Yourself!</li> <li>• [H2] Strala 200+Hour Yoga Leadership Teacher Training, Berlin, June</li> <li>• [H2] Strala Online 500+Hour Advanced Teacher Training in Tai Chi and Qigong</li> <li>• [H2] About Strala Yoga</li> <li>• [H3] "Strala Yoga is an elegantly simple and sophisticated way to move our breath, and our whole self into the state we need, to create who we want to be:the optimal expression of ourselves."</li> <li>• [H3] - Dr. Rudolph Tanzi -</li> <li>• [H4] Enjoy some ease right to your inbox.</li> <li>• [H5] Chair of Neurology at Harvard and Director of the Genetics and Aging Research Unit at Massachusetts General Hospital</li> <li>• [H6] Erin</li> <li>• [H6] Dr. Deepak Chopra</li> <li>• [H6] Dr. Rudolph Tanzi</li> </ul>	H1	H2	H3	H4	H5	H6	0	4	2	1	1	3
H1	H2	H3	H4	H5	H6									
0	4	2	1	1	3									
	Images	<p>We found 30 images on this web page.</p> <p>30 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>												
	Text/HTML Ratio	<p>Ratio : <b>8%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>												
	Flash	Perfect, no Flash content has been detected on this page.												
	Iframe	Great, there are no Iframes detected on this page.												

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
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## SEO Links

	Underscores in the URLs	We have detected underscores in your URLs. You should rather use hyphens to optimize your SEO.
	In-page links	We found a total of 39 links including 1 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 10.26% Internal Links 89.74%

## In-page links

Anchor	Type	Juice
<a href="#">ONLINE YOGA</a>	Internal	Passing Juice
<a href="#">Trainings &amp;#038; Retreats</a>	External	Passing Juice
<a href="#">IN-PERSON</a>	Internal	Passing Juice
<a href="#">GUIDES</a>	Internal	Passing Juice
<a href="#">Partner Studios</a>	Internal	Passing Juice
<a href="#">Become A Guide</a>	Internal	Passing Juice
<a href="#">BLOG</a>	Internal	Passing Juice
<a href="#">Books</a>	Internal	Passing Juice
<a href="#">ABOUT</a>	Internal	Passing Juice
<a href="#">Contact</a>	Internal	Passing Juice
<a href="#">Press &amp;#038; Partnerships</a>	Internal	Passing Juice
<a href="#">Strala Apparel</a>	External	Passing Juice
<a href="#">Download the February Strala Home Calendar.</a>	External	Passing Juice
<a href="#">Learn more here</a>	Internal	Passing Juice
<a href="#">Learn more here</a>	External	Passing Juice
<a href="#">SEE MORE &amp;gt;</a>	Internal	Passing Juice
<a href="#">Strala Online 200+Hour Yoga Leadership Training, Part 1 of 2</a>	Internal	Passing Juice
<a href="#">Strala Online 200+Hour Yoga Leadership Training, Part 2 of 2</a>	Internal	Passing Juice

## In-page links

<a href="#">Strala Online 100+Hour Training: Connect and Heal with Shiatsu</a>	Internal	Passing Juice
<a href="#">Strala Online 30+Hour Tai Chi Chuan Workshop, The Classic Sequence</a>	Internal	Passing Juice
<a href="#">Strala Online 30+Hour Intensive Yoga Training: The Art of Sequencing</a>	Internal	Passing Juice
<a href="#">No More Back Pain: Training with Mike Taylor</a>	Internal	Passing Juice
<a href="#">Rest and Renew You: Home Retreat with Tara Stiles</a>	Internal	Passing Juice
<a href="#">Simplify: Home Retreat with Tara Stiles</a>	Internal	Passing Juice
<a href="#">How to Practice at Home Retreat</a>	Internal	Passing Juice
<a href="#">How You Practice is What You Get</a>	Internal	Passing Juice
<a href="#">Growing on a Path of Connection, Harmony, Ease and Peace</a>	Internal	Passing Juice
<a href="#">Dealing with Anxiety and Challenge through Yoga</a>	Internal	Passing Juice
<a href="#">Building Your Career: 3 Rules for Success</a>	Internal	Passing Juice
<a href="#">Career: Be What You Love and Watch it Grow</a>	Internal	Passing Juice
<a href="#">Yoga Alliances, Ethics &amp; Abuse</a>	Internal	Passing Juice
<a href="#">LEARN MORE</a>	Internal	Passing Juice
<a href="#">SEE MORE &amp;gt;</a>	Internal	Passing Juice
<a href="#">Classes</a>	Internal	Passing Juice
<a href="#">Trainings</a>	Internal	Passing Juice
<a href="#">Terms of Use</a>	Internal	Passing Juice
<a href="#">Privacy Policy</a>	Internal	Passing Juice
<a href="#">SHOP</a>	Internal	Passing Juice
<a href="#">Accept</a>	Internal	Passing Juice

## SEO Keywords








Keywords Cloud

more guide **yoga** chi practice training tai  
**strala** retreats online





## Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
yoga	28	✓	✗	✓	✓
strala	23	✓	✗	✓	✓
online	15	✗	✗	✓	✓
more	14	✗	✗	✗	✗
training	14	✗	✗	✓	✓








## Usability

	Url	Domain : stralayoga.com Length : 14
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	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 : 39 Warnings : 81
	Email Privacy	Great no email address has been found in plain text!





## Document

	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Attention! Try to avoid nested tables in HTML.</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	Great, your website has an XML sitemap. <a href="http://stralayoga.com/sitemap.xml">http://stralayoga.com/sitemap.xml</a>
	Robots.txt	<a href="http://stralayoga.com/robots.txt">http://stralayoga.com/robots.txt</a> Great, your website has a robots.txt file.
	Analytics	Great, your website has an analytics tool.  Google Analytics