

Performance Report for: <http://yogamatters.com/>

Report generated: Sun, Oct 13, 2024 9:13 AM -0700 (via API)
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0
Analysis options: iPhone 13/13 Pro/13 Pro Max

B	Performance 88%	Structure 74%	L. Contentful Paint 1.7s	T. Blocking Time 170ms	C. Layout Shift 0
---	--------------------	------------------	-----------------------------	---------------------------	----------------------

Top Issues

Med-High	Avoid an excessive DOM size	TBT	3,630 elements
Med	Avoid enormous network payloads	LCP	Total size was 3.87MB
Med	Use explicit width and height on image elements	CLS	2 images found
Med-Low	Serve static assets with an efficient cache policy		Potential savings of 142KB
Med-Low	Eliminate render-blocking resources	FCP	Potential savings of 202ms

Focus on these audits first

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

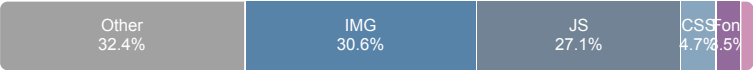
Page Details



Total Page Size - 3.85MB



Total Page Requests - 170



How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

About TheNextLevel

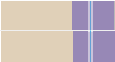
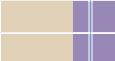
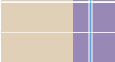
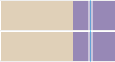
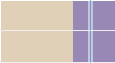
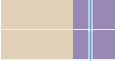
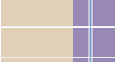
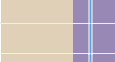
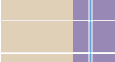
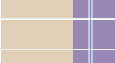
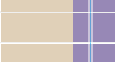
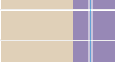
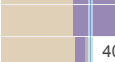
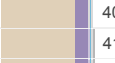
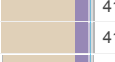
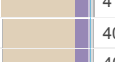
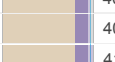
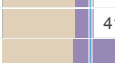
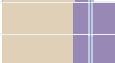
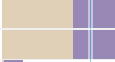
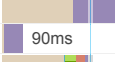
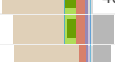
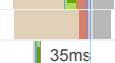
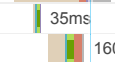
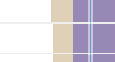
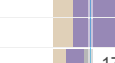
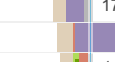
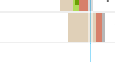
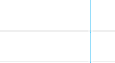
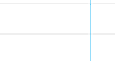
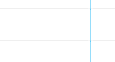
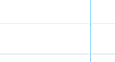
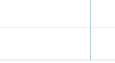
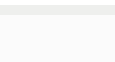


Take your mobile experience to The Next Level. Design and launch your mobile application within a matter of hours using our app studio. Get access to a wide range of tools to help you engage better with customers from intelligent push messaging powered by AI to community builder giving customers the ability to interact with your brand within your mobile app.

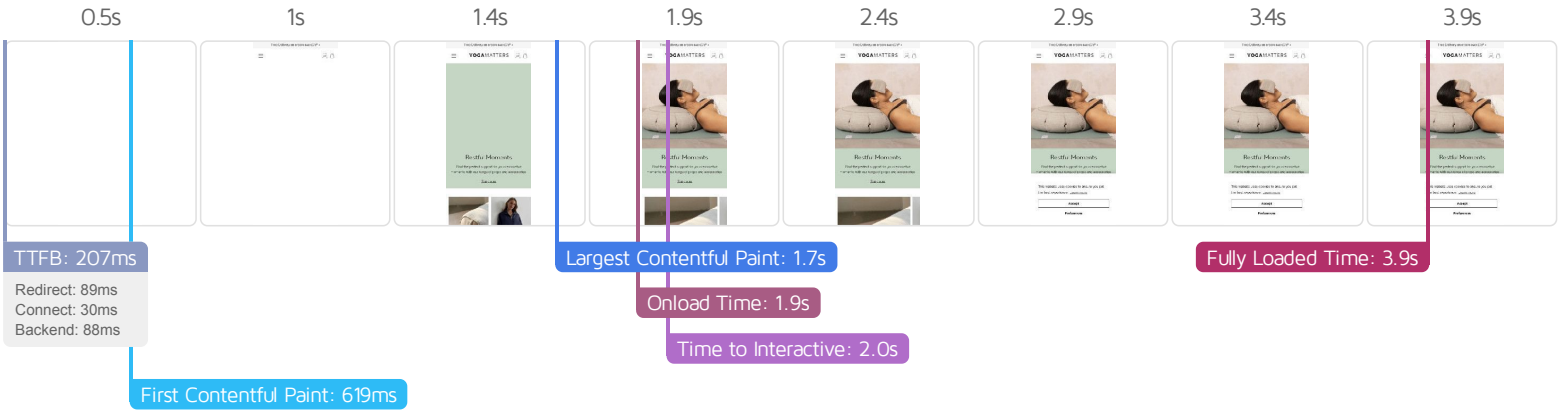
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Yogamatters - Buy yoga mats, equipment and yoga clothes

/	301	yogamatters.com	0	87ms				
/	200	yogamatters.com	57.5KB	124ms				
ipx5eaa.css	200	use.typekit.net	1.20KB	148ms				
theme.scss.css?v=57810...	200	yogamatters.com	33.7KB	104ms				
bc-sf-filter.scss.css?v=16...	200	yogamatters.com	9.12KB	88ms				
bc-widget-slider.scss.css...	200	yogamatters.com	1.36KB	76ms				
lazysizes.js?v=942240231...	200	yogamatters.com	8.67KB	213ms				
vendor.js?v=85833464202...	200	yogamatters.com	46.4KB	321ms				
theme.js?v=88744964061...	200	yogamatters.com	31.6KB	458ms				
custom.js?v=1358862246...	200	yogamatters.com	5.18KB	446ms				
megamenu.js?v=1424248...	200	yogamatters.com	1.22KB	477ms				
lodash.min.js	200	cdn.jsdelivr.net	26.6KB	109ms				
jquery-1.11.0.min.js	200	code.jquery.com	32.6KB	109ms				
jquery-migrate-1.2.1.min.js	200	code.jquery.com	2.99KB	106ms				
slick.min.js	200	cdnjs.cloudflare.com	9.07KB	131ms				
tp.widget.bootstrap.min.js	200	widget.trustpilot.com	7.18KB	334ms				
preloads.js?locale=en-GB	200	yogamatters.com	1.99KB	432ms				
preloads.js?locale=en-GB...	200	shop.app	548B	449ms				
load_feature-f4e7948c1c9...	200	yogamatters.com	4.09KB	482ms				
storefront-80e528be853ea...	200	yogamatters.com	19.1KB	357ms				
GB	200	crossborder-integrati...	277B	151ms				
klaviyo.js?company_id=R...	200	static.klaviyo.com	2.32KB	339ms				
pagefly.js	200	cdn.shopify.com	74.0KB	455ms				
shopify-perf-kit-1.0.0.min.js	200	yogamatters.com	6.36KB	358ms				
countrycode.js?v=158397...	200	yogamatters.com	263B	66ms				
lib.js	200	eu-library.klarnaservi...	72.5KB	474ms				
yogamatters-logo.svg?v=...	200	yogamatters.com	22.0KB	427ms				
Yogamatters-Hemp-Medit...	200	yogamatters.com	20.5KB	409ms				
nordic-fireside-christmas-...	200	yogamatters.com	34.7KB	441ms				
yoga-gifts-ym_grande.pn...	200	yogamatters.com	9.8KB	430ms				
JWMALAWHL_540x_5506...	200	yogamatters.com	49.4KB	482ms				
logo-s-yogamatters_4x_g...	200	yogamatters.com	8.78KB	430ms				
yoga-design-labs_b5b977...	200	yogamatters.com	4.57KB	430ms				
logo-s-feetup_grande.png...	200	yogamatters.com	8.71KB	430ms				
logo-s-gossypium_4x_gr...	200	yogamatters.com	10.1KB	454ms				
logo-s-girlfriend_grande...	200	yogamatters.com	9.8KB	441ms				
logo-s-toesox_grande.pn...	200	yogamatters.com	7.94KB	455ms				
logo-s-jade_yoga_grande...	200	yogamatters.com	6.46KB	454ms				
varley_logo_grande.png?...	200	yogamatters.com	4.25KB	455ms				
logo-s-hydroflask_grande...	200	yogamatters.com	8.83KB	463ms				
urban-goddess-599-199p...	200	yogamatters.com	13.1KB	463ms				
logo-s-manduka_grande....	200	yogamatters.com	9.25KB	463ms				
all-brands_grande.png?v...	200	yogamatters.com	3.32KB	464ms				
community_nav_grande....	200	yogamatters.com	17.4KB	481ms				
3_54e080d6-85af-4573-bc...	200	yogamatters.com	21.7KB	496ms				
rachel-skipper-yoga_gran...	200	yogamatters.com	15.3KB	482ms				
1_fd9ffff9f-97eb-467f-817c-...	200	yogamatters.com	16.9KB	475ms				
lotus.svg?v=13520369495...	200	yogamatters.com	1.53KB	475ms				
Untitled_design_23_73f92...	200	yogamatters.com	43.7KB	487ms				
Untitled_design_32_770x...	200	yogamatters.com	117KB	503ms				
Untitled_design_33_6183...	200	yogamatters.com	26.7KB	494ms				
Untitled_design_34_da52...	200	yogamatters.com	174KB	532ms				
Untitled_design_42_f5761...	200	yogamatters.com	110KB	567ms				

Untitled_design_27_97ca...	200	yogamatters.com	42.0KB		528ms			
Untitled_design_28_a1c7...	200	yogamatters.com	80.0KB		544ms			
Untitled_design_29_5780...	200	yogamatters.com	114KB		584ms			
Untitled_design_31_127df...	200	yogamatters.com	24.1KB		549ms			
Untitled_design_32_1d48...	200	yogamatters.com	17.7KB		549ms			
Untitled_design_33_902e...	200	yogamatters.com	24.6KB		530ms			
Untitled_design_34_7e08...	200	yogamatters.com	52.2KB		558ms			
Untitled_design_35_a1f9f...	200	yogamatters.com	40.4KB		567ms			
Untitled_design_36_4c99...	200	yogamatters.com	2.88KB		570ms			
Untitled_design_39_0da0...	200	yogamatters.com	7.21KB		586ms			
Untitled_design_40_f5c4f...	200	yogamatters.com	22.2KB		570ms			
Untitled_design_44_acd2...	200	yogamatters.com	37.0KB		582ms			
Untitled_design_20_0afb6...	200	yogamatters.com	46.6KB		573ms			
Untitled_design_41_2bac...	200	yogamatters.com	6.95KB		564ms			
Visa_x32.png?v=1613482...	200	cdn.shopify.com	2.05KB		409ms			
MasterCard_x32.png?v=1...	200	cdn.shopify.com	2.04KB		409ms			
Maestro_x32.png?v=1613...	200	cdn.shopify.com	2.60KB		410ms			
cc-amex_x32.gif?v=16242...	200	cdn.shopify.com	2.30KB		410ms			
Solo_x32.png?v=1613482...	200	cdn.shopify.com	2.13KB		407ms			
PayPal_x32.png?v=16134...	200	cdn.shopify.com	1.96KB		409ms			
Klarna_x32.png?v=16134...	200	cdn.shopify.com	2.14KB		410ms			
bc-sf-filter-lib.mod.js?v=1...	200	yogamatters.com	99KB		590ms			
bc-sf-search.js?v=102059...	200	yogamatters.com	1.69KB		578ms			
bc-sf-filter-init.js?v=11676...	200	yogamatters.com	1.42KB		578ms			
bundle-builder-engine.js	200	cdn.shopify.com	10.4KB		90ms			
25261_1727858718.js?cat...	200	app.backinstock.org	27.7KB		405ms			
js?id=G-GQ7SQ7HS1	200	googletagmanager.c...	109KB		446ms			
gtm.js?id=GTM-MDR4DHL	200	googletagmanager.c...	88.9KB		426ms			
p.css?s=1&k=ipx5eaa&ht...	200	p.typekit.net	5B		35ms			
sensor.js	200	yogam11112.pcapre...	12.6KB		160ms			
bb27301d1w4f7f79fap829...	200	yogamatters.com	41.1KB		371ms			
trekkie.storefront.c1258b...	200	yogamatters.com	24.6KB		366ms			
shop_events_listener-61f...	200	yogamatters.com	3.42KB		365ms			
shopify-boomerang-1.0.0...	200	yogamatters.com	19.0KB		176ms			
browsing_context_sugge...	200	yogamatters.com	1.37KB		340ms			
l?primer=7cdcb44be4a7d...	200	use.typekit.net	25.9KB		144ms			
l?primer=7cdcb44be4a7d...	200	use.typekit.net	26.0KB		161ms			
l?primer=7cdcb44be4a7d...	200	use.typekit.net	22.1KB		170ms			
runtime-config.json	200	na-library.klarnaservi...	1.28KB		123ms			
Untitled_1600_x_800_px_...	200	yogamatters.com	7.75KB		49ms			
l?primer=7cdcb44be4a7d...	200	use.typekit.net	26.1KB		197ms			
l?primer=7cdcb44be4a7d...	200	use.typekit.net	21.5KB		227ms			
pixel.modern.js	200	yogamatters.com	4.68KB		89ms			
POST produce_batch	200	yogamatters.com	0		141ms			
POST produce_batch	200	yogamatters.com	0		138ms			
POST produce_batch	200	yogamatters.com	0		131ms			
Untitled_design_24_b8e9...	200	yogamatters.com	59.0KB		62ms			
events.js	200	cdn.shopify.com	166B		29ms			
emitEvent.js	200	cdn.shopify.com	102B		39ms			
consent-tracking-api.js	200	yogamatters.com	5.25KB		30ms			
consent-tracking-api.js	200	cdn.shopify.com	5.18KB		25ms			
sdk.js	200	na-library.klarnaservi...	545KB		158ms			
ajax-loader.gif?v=413568...	200	yogamatters.com	3.07KB		55ms			
POST produce_batch	200	yogamatters.com	0		132ms			
script.js?shop=yogamatt...	200	live.bb.eight-cdn.com	1.25KB		78ms			
recent-app.js?shop=yoga...	200	justviewed.prezenap...	16.0KB		105ms			
e6ae45a1-042a-4842-82df-...	200	shopifyassets.freshc...	1.22KB		272ms			
script.js?shop=yogamatt...	200	geolocation-recomm...	30.9KB		92ms			
pandectes-core.js?shop=...	200	cdn.shopify.com	24.2KB		47ms			
storefrontattributes?merc...	200	cdn.shopify.com	3.36KB		39ms			
25261_1727858718.js?cat...	200	app.backinstock.org	27.2KB		31ms			
polyfills.legWBDja.js	200	cdn.shopify.com	14.9KB		59ms			

lotus_4x_32x32.png?v=1...	200	yogamatters.com	2.21KB
app.BemU-tkl.js	200	cdn.shopify.com	367KB
splide.css	200	yogamatters.com	2.10KB
splide.js	200	yogamatters.com	11.5KB
browsing_context_sugge...	200	yogamatters.com	1.39KB
?api_key=85313dee-ae48-...	200	gdpr-mm-geoformatio...	824B
OnePage.DUiBZfqL.js	200	cdn.shopify.com	35.8KB
widget.js	200	wchat.freshchat.com	21.6KB
DeliveryMethodSelectorS...	200	cdn.shopify.com	21.1KB
useUnauthenticatedError...	200	cdn.shopify.com	1.54KB
LegacyVaultedShippingM...	200	cdn.shopify.com	1.28KB
Untitled_design_30_e3b1...	200	yogamatters.com	187KB
Rollup.DJEK_OtR.js	200	cdn.shopify.com	2.39KB
SubscriptionPriceBreakd...	200	cdn.shopify.com	3.22KB
RageClickCapture.Bt65oc...	200	cdn.shopify.com	2.08KB
ShopPayLogo.CqVb9Kgb.js	200	cdn.shopify.com	2.25KB
I?primer=7cdcb44be4a7d...	200	use.typekit.net	25.8KB
PurchaseOptionsAgreem...	200	cdn.shopify.com	3.13KB
config_iframe.html?host=...	200	wchat.freshchat.com	1.30KB
PickupPointCarrierLogo....	200	cdn.shopify.com	2.48KB
hooks.PITBmN_2.js	200	cdn.shopify.com	3.83KB
VaultedPayment.BQ-wph...	200	cdn.shopify.com	39.6KB
OnePageModal.BU-8NF6...	200	cdn.shopify.com	1.43KB
useShowShopPayOptin.C...	200	cdn.shopify.com	1.85KB
Section.C4YAOKIc.js	200	cdn.shopify.com	2.07KB
useGooglePaySdk.OrY8Ik...	200	cdn.shopify.com	6.31KB
ShopPayLoginLoader.C9i...	200	cdn.shopify.com	2.81KB
publishMessage.CPsQvy...	200	cdn.shopify.com	2.13KB
PayButtonSection.DJI2ZA...	200	cdn.shopify.com	4.63KB
context.WjMzC5l2.js	200	cdn.shopify.com	3.36KB
config?domain=aHR0cH...	200	wchat.freshchat.com	2.43KB
DutyOptions.0gyWa648.js	200	cdn.shopify.com	4.83KB
useAmazonContact.Bz1S...	200	cdn.shopify.com	3.62KB
widget.css?t=1728836027...	200	wchat.freshchat.com	2.34KB
StockProblemsLinItemLi...	200	cdn.shopify.com	1.78KB
component-ShopPayVerif...	200	cdn.shopify.com	7.74KB
index.ajmBaWCC.js	200	cdn.shopify.com	25.9KB
app.DhZZMK7-.css	200	cdn.shopify.com	22.8KB
OnePage.BL1uXB7_.css	200	cdn.shopify.com	1.76KB
DeliveryMethodSelectorS...	200	cdn.shopify.com	2.95KB
Rollup.o9Mx-fKL.css	200	cdn.shopify.com	1.07KB
POST landing?gcs=G100...	200	pagead2.googlesynd...	42B
SubscriptionPriceBreakd...	200	cdn.shopify.com	834B
RageClickCapture.DnkQ4...	200	cdn.shopify.com	844B
ShopPayLogo.D_HPU8Dh...	200	cdn.shopify.com	841B
PickupPointCarrierLogo....	200	cdn.shopify.com	784B
VaultedPayment.Bk8Je7sl...	200	cdn.shopify.com	2.19KB
Section.sQehCocD.css	200	cdn.shopify.com	804B
ShopPayLoginLoader.CjG...	200	cdn.shopify.com	848B
PayButtonSection.DF7trk...	200	cdn.shopify.com	875B
DutyOptions.CtZGmwZL....	200	cdn.shopify.com	1.69KB
useAmazonContact.D-Ox...	200	cdn.shopify.com	896B
StockProblemsLinItemLi...	200	cdn.shopify.com	833B
ShopPayVerificationSwitc...	200	cdn.shopify.com	1.40KB
yogamatters-logo-24_x32...	200	cdn.shopify.com	8.37KB
170 Requests 3.85MB (6.40MB Uncompressed) 3.9s (Onload 1.9s)			



Performance Metrics

First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.	Good - Nothing to do here 618ms	Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.	Good - Nothing to do here 2.0s
Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.	OK, but consider improvement 1.4s	Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.	OK, but consider improvement 170ms
Largest Contentful Paint How long it takes for the largest element of content (i.e., a hero image) to be painted on your page. A good user experience is 1.2s or less.	Longer than recommended 1.7s	Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.	Good - Nothing to do here 0

Browser Timings

Redirect	89ms	Connect	30ms	Backend	88ms
TTFB	207ms	First Paint	619ms	DOM Int.	1.4s
DOM Loaded	1.7s	Onload	1.9s	Fully Loaded	3.9s

IMPACT AUDIT

Med-High

Avoid an excessive DOM size TBT

3,630 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		3630
Maximum DOM Depth	div.feature-row__image-wrapper > div > a > img.feature-row__image 	15
Maximum Child Elements	Afghanistan (AFN ﷍) ... <ul id="" role="list" class="CountryList disclosure__list" hidden="" style="position:absolute;">	236

Med

Avoid enormous network payloads LCP

Total size was 3.87MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://na-library.klarnaservices.com/v1/0.0.333/sdk.js	546KB
https://cdn.shopify.com/shopifycloud/checkout-web/assets/c1.en/app.BemU-tkl.js	367KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_30_e3b123bb-3179-4e99-8e80-5ec463f654f3_1400x.png?v=1727776356	187KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_34_da52e8d7-ae58-4fa9-b0c7-2396f738f06e_770x1080_crop_center.png?v=1724763457	174KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_32_770x1080_crop_center.png?v=1724763406	117KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_29_57803dce-0984-4cfd-a2f6-ffcdaed98acd_1080x1080_crop_center.png?v=1727775395	114KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_42_f5761147-4541-42e3-80fe-d95a4e2ae7b7_770x1080_crop_center.png?v=1727793671	110KB
https://www.googletagmanager.com/gtag/js?id=G-GQ7SQ72HS1	109KB
https://www.yogamatters.com/cdn/shop/t/144/assets/bc-sf-filter-lib.mod.js?v=113199279835346998391721731277	99KB
https://www.googletagmanager.com/gtm.js?id=GTM-MDR4DHL	89.6KB

Med

Use explicit width and height on image elements CLS

2 images found

Set an explicit width and height on image elements to reduce layout shifts and improve CLS.

FAILING ELEMENTS
div.grid__item > div.grid > a.grid__item > img
div.grid__item > div.grid > a.grid__item > img

Med-Low

Serve static assets with an efficient cache policy

Potential savings of 142KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://eu-library.klarnaservices.com/lib.js	60 seconds	73.2KB
https://yogam11112.pcapredict.com/js/sensor.js	60 seconds	12.7KB
https://shop.app/checkouts/internal/preloads.js?locale=en-GB&shop_id=27872591939	60 seconds	548B
https://cdn.shopify.com/proxy/9db26987fdd1d1f682a72267aae2a2b1d1a2b83c785728a2f5c415f7e5d6cb05/s.pandect.es/scripts/pandectes-core.js?shop=yogamattershq.myshopify.com&sp-cache-control=cHVibGJlLCBtYXgtYWdIPTkwMA	10 minutes	24.2KB
https://cdn.shopify.com/proxy/3d7342f872351a547fd0a92ab23554f718b7f3aea548a33e6779f57d4c73d661/web.global-e.com/merchant/storefrontattributes?merchantid=10001410&shop=yogamattershq.myshopify.com&sp-cache-control=cHVibGJlLCBtYXgtYWdIPTkwMA	10 minutes	3.36KB
https://live.bb.eight-cdn.com/script.js?shop=yogamattershq.myshopify.com	60 minutes	1.96KB
https://shopifyassets.freshchat.com/freshchatjs/e6ae45a1-042a-4842-82df-d0c36b13119e.js?widget_host_url=https://wchat.freshchat.com&shop=yogamattershq.myshopify.com	60 minutes	1.22KB
https://justviewed.prezenapps.com/public/js/recent-app.js?shop=yogamattershq.myshopify.com	4 hours	16.0KB
https://www.yogamatters.com/a/srvp/js/lib/splide/splide.js	4 hours	11.5KB
https://www.yogamatters.com/a/srvp/css/lib/splide/splide.css	4 hours	2.10KB
https://widget.trustpilot.com/bootstrap/v5/tp.widget.bootstrap.min.js	24 hours	7.64KB
https://p.typekit.net/p.css?s=1&k=ipx5eaa&ht=tk&f=26053.26054.26058.26059.26060.26061.26063.26064.44246.44247.44248.44249.44250.44251.44252.44253&a=1646269&app=typekit&e=css	7 days	172B
https://app.backinstock.org/widget/25261_1727858718.js?category=bis&v=6	30 days	27.7KB
https://app.backinstock.org/widget/25261_1727858718.js?category=bis&v=6&shop=yogamattershq.myshopify.com	30 days	27.2KB

Med-Low

Eliminate render-blocking resources

FCP

LCP

Potential savings of 202ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://use.typekit.net/ipx5eaa.css	1.42KB	762ms
https://www.yogamatters.com/cdn/shop/t/144/assets/theme.scss.css?v=57810607921913029431721226398	34.4KB	1.1s
https://www.yogamatters.com/cdn/shop/t/144/assets/bc-sf-filter.scss.css?v=162206099656528583611720086595	9.8KB	300ms
https://www.yogamatters.com/cdn/shop/t/144/assets/bc-widget-slider.scss.css?v=2543438864943775971720086062	2.15KB	150ms
https://crossborder-integration.global-e.com/resources/css/10001410/GB	277B	839ms
https://cdn.jsdelivr.net/npm/lodash@4.17.21/lodash.min.js	27.1KB	1.4s
https://code.jquery.com/jquery-1.11.0.min.js	32.7KB	1.5s
https://code.jquery.com/jquery-migrate-1.2.1.min.js	3.31KB	154ms
https://cdnjs.cloudflare.com/ajax/libs/slick-carousel/1.8.1/slick.min.js	9.72KB	987ms

Med-Low

Lazy load third-party resources with facades

TBT

1 facade alternative available

Some third-party embeds can be lazy loaded. Consider replacing them with a facade until they are required.

PRODUCT	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
Freshdesk Messaging (Customer Success)	28.9KB	0ms
https://wchat.freshchat.com/js/widget.js	21.6KB	0ms
https://wchat.freshchat.com/app/services/app/webchat/e6ae45a1-042a-4842-82df-d0c36b13119e/config?domain=aHR0CHM6Ly93d3cueW9nYW1hdHRlcnMuY29t	2.43KB	0ms
https://wchat.freshchat.com/widget/css/widget.css?t=1728836027427	2.34KB	0ms
https://wchat.freshchat.com/widget/config_iframe.html?host=https://wchat.freshchat.com&token=e6ae45a1-042a-4842-82df-d0c36b13119e&origin=https://www.yogamatters.com	1.30KB	0ms
https://shopifyassets.freshchat.com/freshchatjs/e6ae45a1-042a-4842-82df-d0c36b13119e.js?widget_host_url=https://wchat.freshchat.com&shop=yogamattershq.myshopify.com	1.22KB	0ms

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

<https://use.typekit.net/px5eaa.css>
<https://p.typekit.net/p.css?s=1&k=px5eaa&ht=tk&f=26053.26054.26058.26059.26060.26061.26063.26064.44246.44247.44248.44249.44250.44251.44252.44253&a=1646269&ap=typekit&e=css>

Low

Allow back/forward cache restoration

1 failure reason

Many navigations are performed by going back to a previous page, or forwards again. The back/forward cache (bfcache) can speed up these return navigations.

FAILURE REASON	FAILURE TYPE
The page has an unload handler in the main frame. https://www.yogamatters.com/	Actionable

Low

Use passive listeners to improve scrolling performance

1 event listener not passive

Consider marking your touch and wheel event listeners as `passive` to improve your page's scroll performance.

URL	LOCATION
https://www.yogamatters.com/cdn/shop/t/144/assets/vendor.js?v=85833464202832145531720086062	Line:13

Low

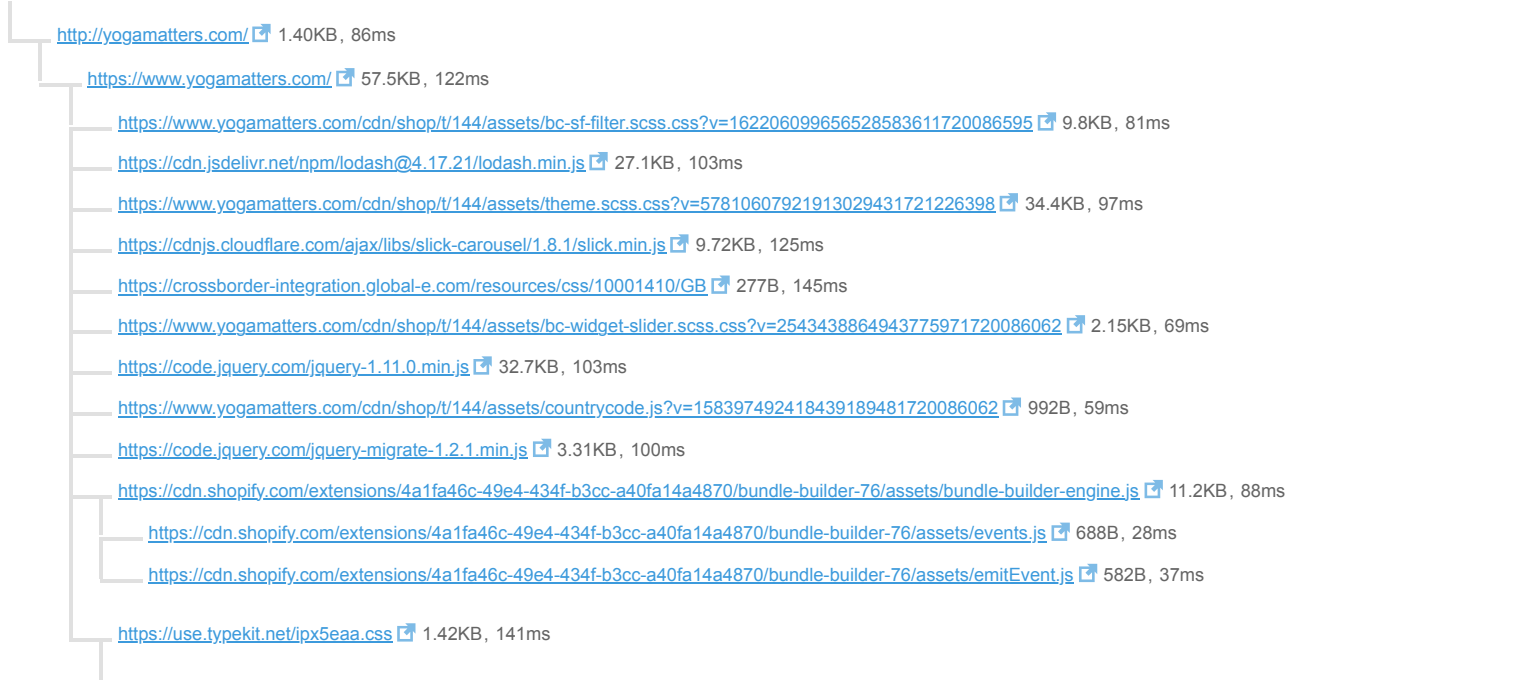
Avoid chaining critical requestsFCPLCP

18 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: 2.4s

INITIAL NAVIGATION



- <https://p.typekit.net/p.css?s=1&k=jpx5eaa&ht=tk&f=26053.26054.26058.26059.26060.26061.26063.26064.44246.44247.44248.44249.44250.44251.44252.44253&a=1646269&app=typekit&e=css>
172B, 29ms
- <https://use.typekit.net/af/6d4bb2/000000000000000003b9acafc/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3>
26.0KB, 7ms
- <https://use.typekit.net/af/fb49d1/000000000000000003b9b4141/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3> 22.3KB, 13ms
- <https://use.typekit.net/af/027dd4/000000000000000003b9acafa/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n6&v=3>
26.2KB, 9ms
- <https://use.typekit.net/af/5f20f5/000000000000000003b9b4144/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3>
21.7KB, 39ms
- <https://use.typekit.net/af/a2c82e/000000000000000003b9acaf4/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3>
26.1KB, 108ms
- <https://use.typekit.net/af/829fc1/000000000000000003b9acaf8/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n5&v=3>
26.2KB, 68ms

Low

2 resources found

CDNs can give an equally fast web experience to your users across the globe.

URL

- <https://wchat.freshchat.com/js/widget.js>
- <https://wchat.freshchat.com/widget/css/widget.css?t=1728836027427>

Low

9 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL

START TIME

DURATION

- <https://www.googletagmanager.com/gtm.js?id=GTM-MDR4DHL>
- <https://cdn.shopify.com/extensions/4a1fa46c-49e4-434f-b3cc-a40fa14a4870/bundle-builder-76/assets/emitEvent.js>
- Unattributable
- <https://www.yogamatters.com/>
- <https://na-library.klarnaservices.com/v1/0.0.333/sdk.js>
- Unattributable
- <https://cdn.jsdelivr.net/npm/lodash@4.17.21/lodash.min.js>
- <https://www.yogamatters.com/cdn/wpm/bb27301d1w4f7f79fap82969c05mefc5317em.js>
- <https://www.yogamatters.com/cdn/shop/t/144/assets/lazysizes.js?v=94224023136283657951720086062>

Low

692ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	706ms	136ms	0ms
• https://www.yogamatters.com/	595ms	137ms	16ms
• https://www.yogamatters.com/cdn/shop/t/144/assets/lazysizes.js?v=94224023136283657951720086062	135ms	85ms	0ms
• https://www.yogamatters.com/cdn/shop/t/144/assets/vendor.js?v=85833464202832145531720086062	82ms	65ms	2ms
• https://code.jquery.com/jquery-1.11.0.min.js	81ms	57ms	1ms
• https://www.googletagmanager.com/gtag/js?id=G-GQ7SQ72HS1	77ms	68ms	5ms
• https://cdn.shopify.com/extensions/92db5fd8-2957-41c8-8dd4-d586c1b630ce/pagefly-page-builder-80/assets/pagefly.js	67ms	57ms	4ms
• https://www.yogamatters.com/cdn/shop/t/144/assets/bc-sf-filter-lib_mod.js?v=113199279835346998391721731277	56ms	45ms	6ms

Low

Ensure text remains visible during webfont load

FCP

LCP

6 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
• https://use.typekit.net/af/a2c82e/00000000000000003b9acaf4/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3	108ms
• https://use.typekit.net/af/829fc1/000000000000000003b9acaf8/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n5&v=3	68ms
• https://use.typekit.net/af/fb49d1/000000000000000003b9b4141/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3	13ms
• https://use.typekit.net/af/027dd4/000000000000000003b9acafa/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n6&v=3	9ms
• https://use.typekit.net/af/5f20f5/000000000000000003b9b4144/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3	39ms
• https://use.typekit.net/af/6d4bb2/000000000000000003b9acafc/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	7ms

Low

Avoid multiple page redirects

FCP

LCP

Potential savings of 87ms

Redirects introduce additional delays before the page can be loaded.

URL	TIME SPENT
• http://yogamatters.com/	87ms
• https://www.yogamatters.com/	0ms

Low

Minify JavaScript

FCP

LCP

Potential savings of 7.52KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://yogam11112.pcapredict.com/js/sensor.js	12.7KB	7.52KB

Low

Reduce unused JavaScript

LCP

Potential savings of 585KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://na-library.klarnaservices.com/v1/0.0.333/sdk.js	546KB	283KB
...../node_modules/zod/lib/index.mjs	82.1KB	61.9KB
...../klarna-messaging/src/index.ts	29.2KB	20.4KB
...../klarna-shopping/src/shoppingSDK.ts	13.8KB	11.2KB
...../messenger/build/messenger.mjs	10.8KB	9.56KB
...../klarna-messaging/src/helpers/fetchContent/fetchContent.ts	9.53KB	9.52KB
https://www.yogamatters.com/cdn/shop/t/144/assets/bc-sf-filter-lib.mod.js?v=113199279835346998391721731277	99KB	69.4KB
...	99KB	69.4KB
https://cdn.shopify.com/extensions/92db5fd8-2957-41c8-8dd4-d586c1b630ce/pagefly-page-builder-80/assets/pagefly.js	74.0KB	56.1KB
https://www.googletagmanager.com/gtag/js?id=G-GQ7SQ72HS1	109KB	50.5KB
https://www.googletagmanager.com/gtm.js?id=GTM-MDR4DHL	89.6KB	49.0KB
https://eu-library.klarnaservices.com/lib.js	73.2KB	29.4KB
https://www.yogamatters.com/cdn/shop/t/144/assets/theme.js?v=88744964061834102801720086062	31.6KB	25.2KB
...	31.6KB	25.2KB
https://code.jquery.com/jquery-1.11.0.min.js	32.7KB	22.1KB
Low Defer offscreen images Potential savings of 818KB		

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/files/Untitled_design_29_57803dce-0984-4cfd-a2f6-ffcdaed98acd_1080x1080_crop_center.png?v=1727775395	113KB	113KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_42_f5761147-4541-42e3-80fe-d95a4e2ae7b7_770x1080_crop_center.png?v=1727793671	109KB	109KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_28_a1c786d4-c739-4122-8982-8bf6824340d5_770x1080_crop_center.png?v=1727774423	79.0KB	79.0KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_34_7e08b53c-d8a2-44b5-a3bc-abfda6defaa4_770x1080_crop_center.png?v=1727781909	51.3KB	51.3KB
https://www.yogamatters.com/cdn/shop/files/JWMALAWHL_540x_5506ba40-7c95-4c5a-bca4-a19ea81d169d_grande.webp?v=1671725933	48.4KB	48.4KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_20_0afb6328-fb2e-47cb-ba13-dc17d0940d29_770x1080_crop_center.png?v=1727268432	45.7KB	45.7KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_23_73f924aa-f66b-46b7-9c37-6262c4df2adf_1080x1080_crop_center.png?v=1727773116	42.8KB	42.8KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_27_97ca0bcd-336b-4505-a56c-8dafb9e7b030_770x1080_crop_center.png?v=1727773589	41.1KB	41.1KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_44_acd2726e-234b-42be-a6c2-4341a15dbef2_770x1080_crop_center.png?v=1724765755	36.1KB	36.1KB
https://www.yogamatters.com/cdn/shop/products/nordic-fireside-christmas-scented-candle-04_700x_e8382d0e-c519-4e37-9f4c-b95bfa60974a_grande.jpg?v=1704877268	33.8KB	33.8KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_33_902e3dde-4e0a-4254-b1d4-989dc3f8cee5_770x1080_crop_center.png?v=1727781863	23.7KB	23.7KB
https://www.yogamatters.com/cdn/shop/files/3_54e080d6-85af-4573-bc42-af7d87a9d5ef_grande.png?v=1719922160	20.7KB	20.7KB
https://www.yogamatters.com/cdn/shop/products/Yogamatters-Hemp-Meditation-Yoga-Kit_Natural_5429af80-f09b-486b-aed0-4de5733ef2c2_grande.jpg?v=1644488665	19.6KB	19.6KB
https://www.yogamatters.com/cdn/shop/files/community_nav_grande.png?v=1727268216	16.5KB	16.5KB
https://www.yogamatters.com/cdn/shop/files/1_fd9fff9f-97eb-467f-817c-3674e8a56f80_grande.png?v=1719922116	16.0KB	16.0KB
https://www.yogamatters.com/cdn/shop/files/rachel-skipper-yoga_grande.png?v=1719922401	14.4KB	14.4KB
https://www.yogamatters.com/cdn/shop/files/urban-goddess-599-199px_grande.jpg?v=1623658754	12.2KB	12.2KB
https://www.yogamatters.com/cdn/shop/files/logo-s-gossypium_4x_grande.png?v=1613544961	9.23KB	9.23KB
https://www.yogamatters.com/cdn/shop/files/logo-s-girlfriend_grande.png?v=1613544134	8.91KB	8.91KB
https://www.yogamatters.com/cdn/shop/files/yoga-gifts-ym_grande.png?v=1654691919	8.84KB	8.84KB
https://www.yogamatters.com/cdn/shop/files/logo-s-manduka_grande.png?v=1613544134	8.32KB	8.32KB
https://www.yogamatters.com/cdn/shop/files/logo-s-hydroflask_grande.png?v=1613544135	7.91KB	7.91KB
https://www.yogamatters.com/cdn/shop/files/logo-s-yogamatters_4x_grande.png?v=1613544961	7.86KB	7.86KB
https://www.yogamatters.com/cdn/shop/files/logo-s-feetup_grande.png?v=1613544134	7.78KB	7.78KB
https://www.yogamatters.com/cdn/shop/files/logo-s-toesox_grande.png?v=1613544134	7.01KB	7.01KB
https://www.yogamatters.com/cdn/shop/files/Untitled_1600_x_800_px_300x300.png?v=1717617765	6.83KB	6.83KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_41_2bac28f0-b89e-436d-92aa-40f6bd36c9e3_200x200.png?v=1727785392	6.04KB	6.04KB
https://www.yogamatters.com/cdn/shop/files/logo-s-jade_yoga_grande.png?v=1613544134	5.54KB	5.54KB
https://www.yogamatters.com/cdn/shop/files/yoga-design-labs_b5b977f0-6b48-4782-9fe4-fea5ac1c14f2_grande.jpg?v=1713771196	3.65KB	3.65KB
https://www.yogamatters.com/cdn/shop/files/varley_logo_grande.png?v=1688503318	3.32KB	3.32KB
https://www.yogamatters.com/cdn/shop/files/all-brands_grande.png?v=1613544322	2.39KB	2.39KB

Low

Properly size images

Potential savings of 703KB

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/files/Untitled_design_30_e3b123bb-3179-4e99-8e80-5ec463f654f3_1400x.png?v=1727776356	186KB	168KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_34_da52e8d7-ae58-4fa9-b0c7-2396f738f06e_770x1080_crop_center.png?v=1724763457	173KB	143KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_32_770x1080_crop_center.png?v=1724763406	116KB	95.5KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_24_b8e9054a-9718-4ce0-8ab3-87ee36b1f86a_1400x.png?v=1727773190	58.1KB	45.1KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_20_0afb6328-fb2e-47cb-ba13-dc17d0940d29_770x1080_crop_center.png?v=1727268432	45.7KB	43.1KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_34_7e08b53c-d8a2-44b5-a3bc-abfda6defaa4_770x1080_crop_center.png?v=1727781909	51.3KB	42.7KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_44_acd2726e-234b-42be-a6c2-4341a15dbef2_770x1080_crop_center.png?v=1724765755	36.1KB	34.0KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_35_a1f9f737-0063-44d4-bbc4-d3a935cb1f76_770x1080_crop_center.png?v=1727782023	39.5KB	32.9KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_33_6183b146-db02-4bcc-934e-4f368f688c17_770x1080_crop_center.png?v=1724763434	25.8KB	21.3KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_33_902e3dde-4e0a-4254-b1d4-989dc3f8cee5_770x1080_crop_center.png?v=1727781863	23.7KB	19.8KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_31_127df324-0a5a-446e-bc34-bffa024939db_770x1080_crop_center.png?v=1727781711	23.2KB	19.3KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_40_f5c4fa56-a320-4b25-9bfa-a28ecfe5da48_540x720_crop_center.png?v=1727782586	21.3KB	18.9KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_32_1d48a144-b809-457e-9983-bd6ddd116034_770x1080_crop_center.png?v=1727781813	16.8KB	14.0KB
https://www.yogamatters.com/cdn/shop/files/Untitled_design_39_0da01d41-cd20-4378-a727-6d636a8d2e70_540x720_crop_center.png?v=1727782552	6.31KB	5.61KB

Low

Remove duplicate modules in JavaScript bundles

TBT

Potential savings of 4.48KB

Remove large, duplicate JavaScript modules from bundles to reduce unnecessary bytes consumed by network activity.

SOURCE	TRANSFER SIZE	POTENTIAL SAVINGS
../src/index.ts		4.48KB
https://www.yogamatters.com/cdn/shopifycloud/consent-tracking-api/v0.1/consent-tracking-api.js	4.54KB	
https://cdn.shopify.com/shopifycloud/consent-tracking-api/v0.1/consent-tracking-api.js	4.48KB	

Low

Avoid non-composited animations

CLS

12 animated elements found

Animations which are not composited can be janky and increase CLS.

div#TextColumnImageWrapper-text_block_VjEaf8 > div > a > img#TextColumnImage-text_block_VjEaf8

```

```

Unsupported CSS Property: visibility

visibilit
y

div.feature-row__image-wrapper > div > a > img.feature-row__image

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_VcFLWp > div > a > img#TextColumnImage-text_block_VcFLWp

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_AcTVwK > div > a > img#TextColumnImage-text_block_AcTVwK

```

```

Unsupported CSS Property: visibility

visibilit
y

div.feature-row__image-wrapper > div > a > img.feature-row__image

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_3rw4yE > div > a > img#TextColumnImage-text_block_3rw4yE

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_fnDrHA > div > a > img#TextColumnImage-text_block_fnDrHA

```

```

Unsupported CSS Property: visibility

visibilit
y

div.feature-row__image-wrapper > div > a > img.feature-row__image

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_kJp7N7 > div > a > img#TextColumnImage-text_block_kJp7N7

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_zJJkJK > div > a > img#TextColumnImage-text_block_zJJkJK

```

```

Unsupported CSS Property: visibility

visibilit
y

div#TextColumnImageWrapper-text_block_TcPqzU > div > a > img#TextColumnImage-text_block_TcPqzU

```

```

Unsupported CSS Property: visibility

visibilit
y

div.feature-row__image-wrapper > div > a > img.feature-row__image

```

```

ELEMENT		NAME
Unsupported CSS Property: visibility		visibility
Low	Efficiently encode images	Potential savings of 4.49KB
Optimized images load faster and consume less cellular data.		
URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/files/JWMALAWHL_540x_5506ba40-7c95-4c5a-bca4-a19ea81d169d_grande.webp?v=1671725933	48.4KB	4.49KB
Low	Serve images in next-gen formats	Potential savings of 26.3KB
Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.		
URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/files/JWMALAWHL_540x_5506ba40-7c95-4c5a-bca4-a19ea81d169d_grande.webp?v=1671725933	48.4KB	26.3KB
Low	Reduce unused CSS FCP LCP	Potential savings of 32.0KB
Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.		
URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/t/144/assets/theme.scss.css?v=57810607921913029431721226398	34.4KB	32.0KB
Low	Enable text compression FCP LCP	Potential savings of 466KB
Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes.		
URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://na-library.klarnaservices.com/v1/0.0.333/sdk.js https://eu-library.klarnaservices.com/lib.js	545KB 72.5KB	414KB 51.4KB
N/A	Reduce the impact of third-party code TBT	Total size was 1.91MB
Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.		

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
SHOPIFY	784KB	0ms
• https://cdn.shopify.com/shopifycloud/checkout-web/assets/c1.en/app_BemU-tkl.js	367KB	0ms
• https://cdn.shopify.com/extensions/92db5fd8-2957-41c8-8dd4-d586c1b630ce/pagefly_page-builder-80/assets/pagefly.js	74.0KB	0ms
• https://cdn.shopify.com/shopifycloud/checkout-web/assets/c1.en/VaultedPayment.BQ-wphy-.js	39.6KB	0ms
• Other resources	304KB	0ms
KLARNASERVICES.COM	621KB	0ms
• https://na-library.klarnaservices.com/v1/0.0.333/sdk.js	546KB	0ms
• https://eu-library.klarnaservices.com/lib.js	73.2KB	0ms
GOOGLE TAG MANAGER	199KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-GQ7SQ72HS1	109KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-MDR4DHL	89.6KB	0ms
ADOBE TYPEKIT	150KB	0ms
• https://use.typekit.net/af/027dd4/000000000000000003b9acafa/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n6&v=3	26.2KB	0ms
• https://use.typekit.net/af/829fc1/000000000000000003b9acaf8/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n5&v=3	26.2KB	0ms
• https://use.typekit.net/af/a2c82e/000000000000000003b9acaf4/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3	26.1KB	0ms
• https://use.typekit.net/af/6d4bb2/000000000000000003b9acafc/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3	26.0KB	0ms
• https://use.typekit.net/af/fb49d1/000000000000000003b9b4141/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n3&v=3	22.3KB	0ms
• Other resources	23.3KB	0ms
YELLOW ROBOT	54.9KB	0ms
• https://app.backinstock.org/widget/25261_1727858718.js?category=bis&v=6	27.7KB	0ms
• https://app.backinstock.org/widget/25261_1727858718.js?category=bis&v=6&shop=yogamattershq.myshopify.com	27.2KB	0ms
JQUERY CDN	36.0KB	0ms
• https://code.jquery.com/jquery-1.11.0.min.js	32.7KB	0ms
FRESHCHAT	28.9KB	0ms
• https://wchat.freshchat.com/js/widget.js	21.6KB	0ms
• Other resources	7.29KB	0ms
JSDELIVR CDN	27.1KB	0ms
• https://cdn.jsdelivr.net/npm/lodash@4.17.21/lodash.min.js	27.1KB	0ms
PREZENAPPS.COM	16.0KB	0ms
• https://justviewed.prezenapps.com/public/js/recent-app.js?shop=yogamattershq.myshopify.com	16.0KB	0ms
LOQATE	12.7KB	0ms
• https://yogam11112.pcapredict.com/js/sensor.js	12.7KB	0ms
CLOUDFLARE CDN	9.72KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/slick-carousel/1.8.1/slick.min.js	9.72KB	0ms
TRUST PILOT	7.64KB	0ms
• https://widget.trustpilot.com/bootstrap/v5/tp.widget.bootstrap.min.js	7.64KB	0ms
KLAVIYO	2.96KB	0ms
EIGHT-CDN.COM	1.96KB	0ms
HEROKU	824B	0ms
SHOP.APP	548B	0ms
GOOGLE/DOUBLECLICK ADS	455B	0ms

N/A

Minimize main-thread work TBT

Main-thread busy for 2.3s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY

TIME SPENT

Script Evaluation

1.1s

Other

779ms

Style & Layout

229ms

Parse HTML & CSS

102ms

Script Parsing & Compilation

77ms

Rendering

25ms

Garbage Collection

18ms

N/A

User Timing marks and measures

6 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

NAME

TYPE

START TIME

DURATION

wpm:pixel:register:573145263:app

Measure

1.3s

369ms

shopify.content_for_header.start

Mark

441ms

0ms

shopify.content_for_header.end

Mark

448ms

0ms

wpm:start

Mark

454ms

0ms

wpm:pixel:register:started:573145263:app

Mark

1.3s

0ms

wpm:pixel:register:completed:573145263:app

Mark

1.6s

0ms

N/A

Reduce initial server response time FCP LCP

Root document took 16ms

Keep the server response time for the main document short because all other requests depend on it.

URL

TIME SPENT

- <https://www.yogamatters.com/>

16ms

N/A

Largest Contentful Paint element LCP

1,680 ms

This is the largest contentful element painted within the viewport.

ELEMENT

```
div.grid__item > div.inner > div.medium-up--hide > img.lazypreload
```

```

```

PHASE	% OF LCP	TIMING
TTFB	8%	135ms
Load Delay	75%	1.3s
Load Time	4%	61ms
Render Delay	13%	222ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 8.01KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL		POTENTIAL SAVINGS
https://www.yogamatters.com/cdn/shop/l/144/assets/bc-sf-filter-lib.mod.js?v=113199279835346998391721731277		6.80KB
Line:0 Column:149894	Date.prototype.toJSON	
https://na-library.klarnaservices.com/v1/0.0.333/sdk.js		611B
Line:1 Column:22695	@babel/plugin-transform-classes	
https://eu-library.klarnaservices.com/lib.js		203B
Line:1 Column:24429	@babel/plugin-transform-classes	
https://www.yogamatters.com/cdn/shopifycloud/shopify/assets/shopify_pay/storefront-80e528be853eac23af2454534897ca9536b1d3d04aa043b042f34879a3c111c8.js?v=20220906		123B
Line:1 Column:15384	@babel/plugin-transform-classes	
Line:1 Column:18677	@babel/plugin-transform-regenerator	
https://widget.trustpilot.com/bootstrap/v5/tp.widget.bootstrap.min.js		78B
Line:0 Column:1927	@babel/plugin-transform-classes	
https://www.yogamatters.com/cdn/shopifycloud/shopify/assets/shop_events_listener-61fa9e0a912c675e178777d2b27f6cbd482f8912a6b0aa31fa3515985a8cd626.js		71B
Line:0 Column:400	@babel/plugin-transform-classes	
https://wchat.freshchat.com/js/widget.js		65B
Line:0 Column:36875	@babel/plugin-transform-classes	
https://cdn.shopify.com/proxy/9db26987fdd1d1f682a72267aae2a2b1d1a2b83c785728a2f5c415f7e5d6cb05/s.pandect.es/scripts/pandectes-core.js?shop=yogamattershq.myshopify.com&sp-cache-control=CHVibGijLCBtYXgtYWdlP TkWMA		48B
Line:0 Column:12614	@babel/plugin-transform-classes	
https://cdn.shopify.com/extensions/92db5fd8-2957-41c8-8dd4-d586c1b630ce/pagefly-page-builder-80/assets/pagefly.js		44B
Line:56 Column:17139	@babel/plugin-transform-classes	
N/A Avoid large layout shifts CLS		

Nothing to do here, good job!