:root{

--accent: #f7838d;

--accent-contrast: #111;

--accent-rgb: 247,131,141;

--text: #f2f2f2;

--muted: #d9d9d9;

--paper: #161616;

--paper-2: #1f1f1f;

--paper-3: #232323;

--paper-4: #2d2d2d;

--paper-5: #343434;

--paper-rgb: 31,31,31;

--line: rgba(255,255,255,.12);

--bd-soft: rgba(var(--paper-rgb), .06);

--bd: rgba(var(--paper-rgb), .12);

--bd-strong: rgba(var(--paper-rgb), .18);

--bd-xstrong: rgba(var(--paper-rgb), .25);

--divider-on-dark: rgba(var(--paper-rgb), .16);

--shadow: 0 8px 28px rgba(0,0,0,.35);

--shadow-lg: 0 12px 40px rgba(0,0,0,.35);

--container: 1160px;

--f1: clamp(2rem, 4vw, 3.25rem);

--f2: clamp(1.35rem, 2.4vw, 1.75rem);

--f3: clamp(1.1rem, 1.9vw, 1.35rem);

--f4: clamp(.95rem, 1.4vw, 1.05rem);

--r: 16px;

--r-lg: 24px;

--gap: clamp(12px, 2.2vw, 20px);

--panel-w: 340px;

--panel-h: 240px;

--btn-bg: var(--paper-2);

--btn-fg: var(--text);

--btn-bd: var(--line);

--btn-bg-hover: rgba(255,255,255,.06);

--btn-fg-hover: var(--text);

--btn-bd-hover: var(--line);

--chip-bg: rgba(255,255,255,.06);

--chip-bd: var(--bd);

--chip-fg: var(--text);

--surface: var(--paper-2);

--surface-2: var(--paper-3);

--surface-3: var(--paper-4);

--surface-4: var(--paper-5);

}

html,body{height:100%}

html{scroll-behavior:smooth}

body{

margin:0;

color:var(--text);

background:linear-gradient(135deg,#161616 0%, #272727 100%);

font-family:"Work Sans", system-ui, -apple-system, Segoe UI, Roboto, Arial, sans-serif;

line-height:1.65

}

.container{max-width:var(--container); margin:0 auto; padding:0 16px}

.btn{

display:inline-flex; align-items:center; gap:.5rem;

padding:.72rem 1.05rem; border-radius:999px; text-decoration:none;

font-weight:700; letter-spacing:.2px;

background:var(--accent); color:var(--accent-contrast);

box-shadow:var(--shadow)

}

.btn:hover{transform:translateY(-1px)}

.btn:active{transform:translateY(0)}

.btn-outline{

background:transparent; border:1px solid var(--line); color:var(--text)

}

.btn-outline:hover{background:rgba(255,255,255,.06)}

.btn-ghost-invert{

background:#000;border:1px solid transparent;color:var(--accent);font-weight:700;

transition:background .2s ease,color .2s ease,border-color .2s ease

}

.btn-ghost-invert:hover{background:var(--accent);color:var(--accent-contrast);border-color:var(--accent)}

.btn-circle{

width:42px; height:42px; border-radius:999px; display:grid; place-items:center;

border:1px solid var(--line); background:rgba(255,255,255,.06); cursor:pointer

}

.btn-circle:hover{ transform:translateY(-1px) }

.btn-circle:active{ transform:translateY(0) }

.badge{

display:flex; align-items:center; gap:.5rem;

padding:.5rem .75rem; border:1px solid var(--line); border-radius:999px;

background:rgba(255,255,255,.04)

}

.badge img{width:22px;height:22px}

.card{

background:linear-gradient(180deg, var(--surface) 0%, var(--surface-2) 100%);

border:1px solid var(--line); border-radius:var(--r); box-shadow:var(--shadow)

}

.card .card-body{ padding:clamp(1.2rem, 2.5vw, 1.8rem) }

.grid-3{ display:grid; grid-template-columns:repeat(3,1fr); gap:var(--gap)}

@media (max-width:980px){ .grid-3{ grid-template-columns:1fr } }

.section{ padding:clamp(3rem, 8vw, 5rem) 0 }

.section h2{ font-family:"Playfair Display", serif; font-size:var(--f2); text-align:center; margin:0 0 1.1rem 0 }

.lotus-sep{

display:flex; align-items:center; justify-content:center; gap:16px; margin:0 auto 18px; width:100%

}

.lotus-sep .line{ flex:1 1 auto; height:1px; background:var(--line) }

.lotus-sep img{ width:56px; height:56px; display:block; filter:drop-shadow(0 1px 0 rgba(0,0,0,.35)) }

header .bar{

position:fixed; top:0; left:0; right:0; z-index:90;

display:flex; align-items:center; justify-content:space-between; gap:1rem;

padding:.6rem .95rem; border-bottom:1px solid var(--line);

background:rgba(22,22,22,.75); backdrop-filter:saturate(120%) blur(10px)

}

header .brand{ display:flex; gap:.6rem; align-items:center; text-decoration:none; color:inherit }

header .brand img{ width:36px; height:36px }

header nav{ display:flex; align-items:center; gap:.6rem }

header nav a{

text-decoration:none; color:var(--text); padding:.45rem .7rem;

border-radius:999px; border:1px solid transparent

}

header nav a:hover{ border-color:var(--line); background:rgba(255,255,255,.06) }

.hero{

position:relative;

display:grid; grid-template-columns:1.2fr .8fr; align-items:center;

gap:clamp(16px, 3vw, 36px);

padding:clamp(22vh, 26vh, 28vh) 0 clamp(12vh, 16vh, 18vh)

}

@media (max-width:980px){ .hero{grid-template-columns:1fr; padding:18vh 0 12vh} }

.hero .copy h1{

margin:0 0 .6rem 0; font-family:"Playfair Display", serif;

font-weight:700; font-size:var(--f1); line-height:1.15

}

.hero .copy p{ font-size:var(--f3); margin:0 0 1.1rem 0; color:#e6e6e6 }

.cta-row{ display:flex; flex-wrap:wrap; gap:.75rem }

.hero .visual{

position:relative; min-height:420px; border-radius:var(--r-lg);

overflow:hidden; background:radial-gradient(800px 600px at 50% 50%, rgba(247,131,141,.22), rgba(0,0,0,0) 60%);

border:1px solid var(--line); box-shadow:var(--shadow-lg)

}

.hero .visual img{position:absolute; inset:0; width:100%; height:100%; object-fit:cover; opacity:.9}

.hero .visual .blur{

position:absolute; width:65vmax; height:65vmax; left:calc(50% - 32vmax); top:calc(50% - 32vmax);

filter:blur(1400px); background:radial-gradient(closest-side at 50% 50%, rgba(247,131,141,.22), rgba(0,0,0,0));

pointer-events:none; opacity:.7

}

.programs .item{ display:grid; grid-template-columns:1fr 1fr; gap:var(--gap); align-items:center}

.programs .item:nth-child(even){ direction:rtl }

.programs .item:nth-child(even) .copy{ direction:ltr }

.programs .image{ border-radius:var(--r); overflow:hidden; min-height:300px; border:1px solid var(--line); background:#111 }

.programs .image img{ width:100%; height:100%; object-fit:cover; display:block}

.programs .copy h3{ margin:.2rem 0 .35rem; font-family:"Playfair Display", serif; font-weight:700; font-size:var(--f2) }

.programs .copy p{ margin:0 0 .8rem 0; color:#e9e9e9; font-size:var(--f4) }

.programs .copy .cta-row{ margin-top:.6rem }

@media (max-width:980px){

.programs .item{ grid-template-columns:1fr }

.programs .item:nth-child(even){ direction:ltr }

}

.features{ display:grid; grid-template-columns:repeat(3,1fr); gap:var(--gap) }

.feature{

text-align:center; padding:1rem .9rem; display:flex; flex-direction:column; align-items:center; gap:.5rem;

border:1px solid var(--line); border-radius:var(--r);

background:linear-gradient(180deg, var(--surface-2), var(--surface-3))

}

.feature img{ width:auto; max-width:120px; max-height:110px; height:auto; display:block }

.feature h3{ margin:.1rem 0 .2rem; font-size:1.15rem }

.feature p{ margin:0; color:#e9e9e9; font-size:var(--f4) }

@media (max-width:980px){ .features{ grid-template-columns:1fr } }

.reviews{ position:relative }

.reviews .track{ display:grid; grid-template-columns:repeat(3, 1fr); gap:var(--gap) }

.review{

border:1px solid var(--line); border-radius:var(--r);

padding:1rem; background:linear-gradient(180deg, var(--surface-2), var(--surface-4));

display:flex; flex-direction:column; gap:.5rem

}

.review .top{ display:flex; align-items:center; gap:.75rem }

.review img{ width:44px; height:44px; border-radius:50%; object-fit:cover; border:1px solid var(--line) }

.review .name{ font-weight:700 }

.review .stars{ letter-spacing:.05em }

.review .time{ opacity:.85; font-size:.85rem }

.review .text{ white-space:pre-wrap; line-height:1.5 }

.reviews .nav{ display:flex; justify-content:center; gap:.6rem; margin-top:1rem }

.faq .qa{ border:1px solid var(--line); border-radius:var(--r); overflow:hidden }

.faq .qa + .qa{ margin-top:.75rem }

.faq summary{

list-style:none; cursor:pointer; padding:1rem 1.15rem; font-weight:700;

background:linear-gradient(180deg, var(--surface-2), var(--surface-3))

}

.faq summary::-webkit-details-marker{ display:none }

.faq .a{ padding:0 1.15rem 1rem; color:#e9e9e9 }

.cta-band{

margin-top:2rem; border-radius:var(--r-lg); border:1px solid var(--line);

background:linear-gradient(135deg, rgba(247,131,141,.18), rgba(255,255,255,.04));

display:grid; grid-template-columns:1fr auto; gap:var(--gap); align-items:center;

padding:clamp(1.1rem, 2.5vw, 1.6rem)

}

.cta-band h3{ margin:0; font-family:"Playfair Display", serif; font-size:var(--f2) }

.cta-band p{ margin:.2rem 0 0 0; color:#e9e9e9; font-size:var(--f4) }

.cta-band .actions{ display:flex; gap:.6rem; flex-wrap:wrap }

@media (max-width:980px){ .cta-band{ grid-template-columns:1fr } }

.back-to-top{ position:fixed; left:16px; bottom:16px; z-index:60 }

.backtop-link{ display:flex; flex-direction:column; align-items:center; gap:.35rem; text-decoration:none }

.side-nav{

position:fixed; right:12px; top:50%; transform:translateY(-50%);

display:flex; flex-direction:column; gap:.35rem

}

.side-nav a{

display:block; width:10px; height:10px; border-radius:50%;

background:rgba(255,255,255,.3); border:1px solid var(--line); text-indent:-9999px

}

.side-nav a.is-active{ background:var(--accent) }

/\* Header/Footer specific \*/

.sl-simple-header .sl-bar{ display:flex; align-items:center; justify-content:space-between; padding:.6rem .95rem; border-bottom:1px solid var(--line) }

.sl-quick{ position:fixed; inset:auto 16px 16px auto; z-index:60; display:flex; flex-direction:column; gap:.5rem }

.sl-fab{ display:inline-flex; align-items:center; justify-content:center; text-decoration:none; border-radius:999px; padding:.7rem 1rem; background:var(--accent); color:var(--accent-contrast); box-shadow:var(--shadow) }

.sl-fab-map{ width:40px; height:40px; padding:0; display:grid; place-items:center; background:rgba(255,255,255,.06); color:var(--text); border:1px solid var(--line) }

.sl-fab-map:hover{ background:rgba(255,255,255,.12) }

.sl-footer{ border-top:1px solid var(--line); background:var(--paper-2) }

.sl-footer-inner{ max-width:var(--container); margin:0 auto; padding:1rem 16px; display:flex; align-items:center; justify-content:space-between; gap:1rem; color:var(--muted) }

.sl-footer a{ color:var(--text); text-decoration:none; border-bottom:1px solid transparent }

.sl-footer a:hover{ border-bottom-color:var(--line) }

.shop-shortcut{ position:fixed; right:16px; bottom:16px; z-index:70 }

.shop-link{ display:flex; flex-direction:column; align-items:center; gap:.35rem; text-decoration:none }

.btn-circle--shop{ width:48px; height:48px; border-radius:50%; display:grid; place-items:center; border:1px solid var(--line); background:rgba(255,255,255,.06) }

.btn-circle--shop:hover{ transform:translateY(-1px) }

/\* About page \*/

.hero{

padding:16vh 0 10vh; display:flex; flex-direction:column; align-items:center; justify-content:center;

text-align:center; gap:.6rem

}

.hero h1{ display:inline-block; position:relative; padding-bottom:.7rem }

.hero h1::after{

content:""; position:absolute; left:50%; transform:translateX(-50%); bottom:0;

width:180px; height:6px; background:var(--accent); border-radius:8px

}

.hero .tagline{

margin-top:.8rem; font-size:clamp(1rem, 2.5vw, 1.125rem); color:#b3b3b3;

font-weight:600; text-shadow:0 1px 0 rgba(0,0,0,.35)

}

.lotus-sep{ display:flex; align-items:center; justify-content:center; gap:16px; margin:0 auto 18px; width:100% }

.lotus-sep .line{ flex:1 1 auto; height:1px; background:var(--line) }

.lotus-sep img{ width:56px; height:56px; display:block; filter:drop-shadow(0 1px 0 rgba(0,0,0,.35)) }

.bio-grid{ display:grid; grid-template-columns:1fr 1fr; gap:clamp(1rem,2.5vw,2rem); align-items:start }

.bio-grid .pic{ border-radius:12px; overflow:hidden; background:#1f1f1f; border:1px solid var(--line) }

.bio-grid .pic img{ width:100%; height:auto; display:block; aspect-ratio:1/1; object-fit:cover }

.bio-grid .text h3{ font-family:"Playfair Display",serif; margin:.1rem 0 .5rem }

.bio-grid .text p{ margin:0 0 .85rem 0; color:#e9e9e9; line-height:1.75 }

@media (max-width:980px){ .bio-grid{ grid-template-columns:1fr } .bio-grid .pic img{ aspect-ratio:16/10 } }

.about-icons{ display:grid; grid-template-columns:repeat(auto-fit, minmax(220px,1fr)); gap:1rem; margin-top:.8rem }

.aboutbox{ text-align:center; padding:1rem .9rem; display:flex; flex-direction:column; align-items:center; gap:.5rem }

.aboutbox img{ width:auto; max-width:120px; max-height:110px; height:auto; display:block }

.aboutbox h3{ margin:.1rem 0 .2rem }

.aboutbox p{ margin:0 }

.review-avatar{ width:48px; height:48px; border-radius:50%; object-fit:cover; margin-bottom:.5rem; border:1px solid var(--line) }

.review-details{ text-align:left }

.review-author{ display:block; font-weight:700; margin-bottom:.25rem }

.review-stars{ margin-bottom:.5rem }

.review-time{ display:block; font-size:.85rem; margin-bottom:.5rem; opacity:.85 }

.review-text{ line-height:1.5; white-space:pre-wrap }

/\* Programs page essentials \*/

#programs-page \*{ box-sizing:border-box }

#programs-page .card,#programs-page .feature-card,#programs-page .image-box,#programs-page .schedule-panel,#programs-page .scroll-block,#programs-page .price-card,#programs-page .cta,#programs-page .panel-shell{ border-radius:var(--r,12px); overflow:hidden }

#programs-page .card{ background:var(--surface); border:1px solid var(--line) }

#programs-page .card .card-body{ padding:clamp(1.2rem,3.2vw,2.4rem) }

#programs-page section.container{ margin:12vh 0 }

#programs-page .hero{ padding:16vh 0 10vh; text-align:center }

#programs-page .hero h1{ display:inline-block; position:relative; padding-bottom:.75rem; font-family:"Playfair Display",serif }

#programs-page .hero h1::after{ content:""; position:absolute; left:50%; transform:translateX(-50%); bottom:0; width:200px; height:6px; background:var(--accent); border-radius:8px }

#programs-page .hero p{ margin-top:.8rem; color:#b3b3b3; font-weight:600; text-shadow:0 1px 0 rgba(0,0,0,.35) }

#programs-page .lotus-sep{ display:flex; align-items:center; justify-content:center; gap:16px; opacity:.95; margin:0 auto 18px; width:100% }

#programs-page .lotus-sep .line{ flex:1; height:1px }

#programs-page .lotus-sep img{ width:56px; height:56px; display:block; filter:drop-shadow(0 1px 0 rgba(0,0,0,.35)) }

#programs-page .side-nav a.is-active{ background:var(--accent); color:#111 }

#programs-page .panel-shell{ width:100%; margin:0 auto }

#programs-page .prog-panel{ display:none; width:100% }

#programs-page .prog-panel.is-visible{ display:block }

#programs-page .prog-panel,#programs-page .prog-panel :where(h1,h2,h3,h4,h5,p,li,small,strong,em,figcaption,article,section,div){ text-align:center }

#programs-page .prog-panel ul{ list-style:disc; list-style-position:inside; padding:0; margin:0 0 1rem }

#programs-page .no-bullets{ list-style:none !important; padding:0; margin:0 }

#programs-page .no-bullets li{ margin:.35rem 0 }

#programs-page .features-grid{ display:grid; grid-template-columns:repeat(auto-fit,minmax(220px,1fr)); gap:clamp(.9rem,2vw,1.2rem); justify-items:center; align-items:stretch }

#programs-page .feature-card{ width:100%; background:var(--surface); border:1px solid var(--line); padding:clamp(1rem,2vw,1.4rem); display:flex; flex-direction:column; align-items:center; gap:.5rem }

#programs-page .icon-ring{ width:84px; height:84px; border-radius:999px; border:2px solid var(--accent); display:grid; place-items:center; background:#2a2a2a; font-size:2rem; margin:0 0 .6rem; transition:box-shadow .3s ease,transform .3s ease }

#programs-page .feature-card:hover .icon-ring{ box-shadow:0 0 22px 2px rgba(247,131,141,.35); transform:scale(1.03) }

#programs-page .cols-2{ display:grid; grid-template-columns:1.1fr .9fr; gap:clamp(1rem,2.2vw,1.6rem); align-items:start }

#programs-page .cols-2>\*{ width:min(100%,640px); justify-self:center }

#programs-page .image-box{ width:100%; border:1px solid var(--line); background:#222 }

#programs-page .image-box.tall{ height:320px; aspect-ratio:auto; margin-top:0 }

#programs-page .image-box img{ width:100%; height:100%; object-fit:cover; display:block }

#programs-page .right-col{ width:min(100%,640px); justify-self:center }

#programs-page .subhead-right{ margin:0 0 8px; font-weight:700 }

#programs-page .right-col .scroll-block{ margin-top:0 }

@media (max-width:900px){

#programs-page .cols-2{ grid-template-columns:1fr }

#programs-page .image-box.tall{ height:auto; aspect-ratio:16/10; margin-top:0 }

#programs-page .right-col .scroll-block{ margin-top:0 }

}

#programs-page .scroll-block{ position:relative; max-height:320px; border:1px solid var(--line); background:rgba(255,255,255,.03) }

#programs-page .scroll-block .scroll-body{ max-height:320px; overflow:auto; padding:16px 64px 64px 16px; scrollbar-width:none; -ms-overflow-style:none }

#programs-page .scroll-block .scroll-body::-webkit-scrollbar{ display:none }

#programs-page .steps{ display:flex; flex-direction:column; gap:.6rem; align-items:center }

#programs-page .step{ display:grid; grid-template-columns:auto minmax(0,560px); gap:.6rem; align-items:flex-start; justify-content:center; word-break:break-word }

#programs-page .step .num{ width:34px; height:34px; border-radius:999px; display:grid; place-items:center; background:var(--accent); color:#111; font-weight:800; line-height:1; margin-top:.1rem }

#programs-page .step .txt{ color:#e9e9e9 }

#programs-page .scroll-block .scroll-btn{ position:absolute; right:8px; width:34px; height:34px; border-radius:999px; background:var(--accent); color:#111; border:none; display:grid; place-items:center; cursor:pointer; transition:transform .2s ease,filter .2s ease,box-shadow .2s ease; box-shadow:none; z-index:2 }

#programs-page .scroll-block .scroll-btn:hover{ transform:translateY(-1px); filter:brightness(1.05); box-shadow:0 8px 18px rgba(247,131,141,.35) }

#programs-page .scroll-block .scroll-up{ top:8px }

#programs-page .scroll-block .scroll-down{ bottom:8px }

#programs-page .pricing-grid{ display:grid; grid-template-columns:repeat(auto-fit,minmax(280px,1fr)); gap:1.2rem; align-items:stretch }

#programs-page .price-card{ position:relative; overflow:hidden; padding:1.4rem; border:1px solid var(--line); display:flex; flex-direction:column; align-items:center; gap:.55rem; transform-style:preserve-3d; will-change:transform; transition:transform .15s ease,box-shadow .15s ease; box-shadow:0 10px 24px rgba(0,0,0,.25) }

#programs-page .price-card .tag{ display:inline-block; font-size:.8rem; background:rgba(255,255,255,.08); padding:.35rem .55rem; border-radius:999px; border:1px solid rgba(255,255,255,.18) }

#programs-page .price-card h3{ margin:.2rem 0 .35rem }

#programs-page .price-card .price{ font-size:2rem; font-weight:700; color:var(--accent); margin:.3rem 0 1rem }

#programs-page .tilt-card:hover{ box-shadow:0 16px 36px rgba(0,0,0,.35) }

#programs-page .metal.black{ background:repeating-linear-gradient(-12deg,rgba(255,255,255,.08) 0px,rgba(255,255,255,.08) 1px,rgba(255,255,255,0) 3px,rgba(255,255,255,0) 6px),radial-gradient(900px 520px at 12% -20%,rgba(255,255,255,.12),transparent 55%),linear-gradient(135deg,#000,#0b0b0b 45%,#111 60%,#000 100%); border-color:rgba(255,255,255,.22) }

#programs-page .metal.silver{ background:repeating-linear-gradient(-14deg,rgba(255,255,255,.22) 0px,rgba(255,255,255,.22) 1px,rgba(255,255,255,0) 3px,rgba(255,255,255,0) 6px),radial-gradient(900px 520px at 70% -25%,rgba(255,255,255,.30),transparent 62%),linear-gradient(135deg,#d4d7dc 0%,#b9bec6 35%,#a6acb4 55%,#8e939b 85%,#7d828a 100%); border-color:rgba(255,255,255,.28); color:#0f1113 }

#programs-page .price-card::after{ content:""; position:absolute; inset:-40% -10%; background:linear-gradient(120deg,transparent 35%,rgba(255,255,255,.18) 50%,transparent 65%); transform:translateX(-60%) rotate(8deg); pointer-events:none; transition:transform .4s ease }

#programs-page .price-card:hover::after{ transform:translateX(0%) rotate(8deg) }

#programs-page .schedule-board{ display:grid; grid-template-columns:repeat(3,1fr); gap:1rem; align-items:start }

#programs-page .schedule-col{ display:flex; flex-direction:column; gap:.75rem }

#programs-page .schedule-tab{ background:var(--surface); border:1px solid var(--bd-strong); color:#eee; border-radius:12px; padding:.6rem 1rem; font-weight:700; cursor:pointer; text-align:center; transition:background .2s ease,transform .2s ease,border-color .2s ease,color .2s ease }

#programs-page .schedule-tab:hover{ transform:translateY(-1px) }

#programs-page .schedule-tab.is-active{ background:var(--accent); color:#111; border-color:var(--accent) }

#programs-page .schedule-panel{ display:none; background:var(--paper-2) }

#programs-page .schedule-panel.is-visible{ display:block }

#programs-page .panel-body{ padding:20px 28px; text-align:center }

#programs-page .time-row{ display:grid; gap:.35rem; padding:.6rem 0; border-bottom:1px solid rgba(255,255,255,.08); justify-items:center }

#programs-page .time-row:last-child{ border-bottom:none }

@media (max-width:860px){ #programs-page .schedule-board{ grid-template-columns:1fr } }

#programs-page .form{ --field-bg:#1f1f1f; --field-bd:rgba(255,255,255,.18); --field-bd-focus:var(--accent); --field-txt:#eee; --field-ph:#9a9a9a; --radius:12px }

#programs-page .form-grid{ display:grid; grid-template-columns:repeat(2,minmax(0,340px)); justify-content:center; gap:1rem }

#programs-page .form-grid .full{ grid-column:1/-1 }

#programs-page .form label{ display:block; font-size:.9rem; color:#d8d8d8; margin:0 0 .35rem; text-align:left }

#programs-page .form .input,#programs-page .form textarea{ width:100%; background:var(--field-bg); color:var(--field-txt); border:1px solid var(--field-bd); border-radius:var(--radius); padding:.75rem .9rem; outline:none; transition:border-color .2s ease,box-shadow .2s ease }

#programs-page .form textarea{ min-height:120px; resize:vertical }

#programs-page .form .input::placeholder,#programs-page .form textarea::placeholder{ color:var(--field-ph) }

#programs-page .form .input:focus,#programs-page .form textarea:focus{ border-color:var(--field-bd-focus); box-shadow:0 0 0 3px color-mix(in srgb,var(--accent) 32%,transparent) }

#programs-page .form .actions{ grid-column:1/-1; display:flex; justify-content:center; gap:.6rem; margin-top:.4rem }

@media (max-width:760px){ #programs-page .form-grid{ grid-template-columns:1fr } }

#programs-page .cta-black{ background:#000; border:1px solid var(--line); transition:border-color .25s ease,box-shadow .25s ease }

#programs-page .cta-black:hover{ border-color:var(--accent); box-shadow:0 0 0 3px color-mix(in srgb,var(--accent) 26%,transparent) }

/\* Misc \*/

.mkd-wrapper, .mkd-wrapper-inner, .mkd-content, .mkd-content-inner{

width:100%; height:auto; box-sizing:border-box

}

a{ color:inherit }

img{ max-width:100%; height:auto; display:block }

figure{ margin:0 }

.reveal{ opacity:0; transform:translateY(8px); transition:opacity .6s ease, transform .6s ease }

.reveal.in{ opacity:1; transform:none }

/\* Nav dots active (shared) \*/

.side-nav a.is-active{ background:var(--accent) }

/\* Utility chips \*/

.chip{ display:inline-flex; align-items:center; gap:.4rem; padding:.35rem .6rem; border-radius:999px; background:var(--chip-bg); border:1px solid var(--chip-bd); color:var(--chip-fg); font-size:.85rem }

/\* Shadows to match cards/containers/menus \*/

.shadow-soft{ box-shadow:var(--shadow) }

.shadow-strong{ box-shadow:var(--shadow-lg) }

/\* Menu button subtle shadows \*/

.mast-menu .menu-item > a{

background:rgba(0,0,0,.02);

border:1px solid var(--bd);

border-radius:999px;

padding:.4rem .7rem;

box-shadow: 0 2px 6px rgba(0,0,0,.18)

}

.mast-menu .menu-item > a:hover{

background:rgba(255,255,255,.06);

box-shadow: 0 4px 14px rgba(0,0,0,.28)

}

/\* Reviews slider arrows \*/

.reviews-prev, .reviews-next{

width:42px; height:42px; border-radius:50%;

display:grid; place-items:center; border:1px solid var(--line);

background:rgba(255,255,255,.06); cursor:pointer

}

.reviews-prev:hover, .reviews-next:hover{ transform:translateY(-1px) }

/\* Page section anchors \*/

.anchor-spacer{ display:block; height:64px; margin-top:-64px; visibility:hidden }

/\* Inputs default \*/

input, textarea, select, button{

font-family:inherit; font-size:1rem; color:inherit; background:transparent; border-radius:8px; border:1px solid var(--bd); box-sizing:border-box;

transition: background .15s ease, border-color .15s ease, box-shadow .15s ease

}

input:focus, textarea:focus, select:focus{ outline:none; border-color:var(--accent); box-shadow:0 0 0 3px color-mix(in srgb, var(--accent) 30%, transparent) }

button{ cursor:pointer }