

Below is the complete multi-file structure for your meditation website. You can copy these files exactly and upload them to GitHub Pages or any hosting.

===== 📁 Folder Structure =====

meditation-site/ | — index.html | — css/ | — style.css | — js/ | — script.js | — audio/
| — morning.mp3 | — awareness.mp3 | — README.md

===== 📄 index.html =====

```
<!DOCTYPE html> <html lang="en"> <head> <meta charset="UTF-8" /> <meta name="viewport"
content="width=device-width, initial-scale=1.0"/> <title>Meditation Space</title> <link rel="stylesheet"
href="css/style.css" /> </head> <body>
```

```
<header> <nav> <strong>Meditation Space</strong> <div class="nav-links"> <a href="#home">Home</a>
<a href="#audio">Audio</a> <a href="#video">Videos</a> <a href="#quotes">Quotes</a> <a
href="#about">About</a> <a href="#contact">Contact</a> </div> </nav> </header>
```

```
<section id="home" class="hero"> <h1>Enter the Silence</h1> <p>Relax. Breathe. Witness. Meditation
begins now.</p> </section>
```

```
<section id="audio"> <h2>Audio Discourses</h2> <div class="card"> <p>Morning Meditation Discourse</p>
<audio controls> <source src="audio/morning.mp3" type="audio/mpeg"> </audio> </div> <div class="card">
<p>Awareness & Silence</p> <audio controls> <source src="audio/awareness.mp3" type="audio/mpeg"> </
audio> </div> </section>
```

```
<section id="video"> <h2>Meditation Videos</h2> <div class="card"> <iframe src="https://
www.youtube.com/embed/inpok4MKVLM" allowfullscreen></iframe> </div> </section>
```

```
<section id="quotes"> <h2>Quotes</h2> <div class="card quotes" id="quoteBox">Be — don't try to
become.</div> </section>
```

```
<section id="about"> <h2>About</h2> <div class="card"> <p>This meditation space is created to help
seekers slow down and reconnect with awareness.</p> </div> </section>
```

```
<section id="contact"> <h2>Contact</h2> <div class="card"> <form id="contactForm"> <input type="text"
placeholder="Your Name" required /> <input type="email" placeholder="Email" required /> <textarea
rows="4" placeholder="Message"></textarea> <button type="submit">Send</button> </form> </div> </
section>
```

```
<footer>© 2026 Meditation Space · All Rights Reserved</footer>
```

```
<script src="js/script.js"></script> </body> </html>
```

===== 📄 css/style.css =====

```
:root { --bg: #f5f9f8; --primary: #2f6f6b; --text: #2b2b2b; --card: #ffffff; }

    • { margin: 0; padding: 0; box-sizing: border-box; font-family: Segoe UI, sans-serif; }

html { scroll-behavior: smooth; }

body { background: var(--bg); color: var(--text); }

header { background: var(--primary); color: white; padding: 1rem; position: sticky; top: 0; }

nav { display: flex; justify-content: space-between; }

nav a { color: white; margin-left: 1rem; text-decoration: none; }

section { padding: 3rem 1.2rem; max-width: 1100px; margin: auto; }


.hero { text-align: center; }

.card { background: var(--card); padding: 1.5rem; border-radius: 12px; box-shadow: 0 10px 25px
rgba(0,0,0,0.05); margin-bottom: 1.5rem; }

iframe { width: 100%; height: 300px; border-radius: 12px; }

audio { width: 100%; }

footer { text-align: center; padding: 1rem; font-size: 0.8rem; }
```

```
=====  js/script.js =====
```

```
const quotes = [ "Be — don't try to become.", "Meditation is a way to nourish the divine within you.",
"Silence is the language of existence." ];
```

```
let index = 0; const quoteBox = document.getElementById("quoteBox");
```

```
setInterval(() => { index = (index + 1) % quotes.length; quoteBox.textContent = quotes[index]; }, 5000);
```

```
document.getElementById("contactForm").addEventListener("submit", e => { e.preventDefault();
alert("Thank you. Your message has been received 🙏"); });
```

```
=====  README.md =====
```

Meditation Space Website

A clean, responsive meditation website built using HTML, CSS, and JavaScript.

Features: - Audio discourses - Meditation videos - Auto-changing quotes - Mobile-first design

Deploy easily using GitHub Pages or Netlify.