<!DOCTYPE html> <html lang="ne"> <head> <meta charset="UTF-8" /> <meta name="viewport" content="width=device-width,initial-scale=1" /> <title>भावातीत ध्यान | अभिमन्यु नेपाल (Abhimanyu Nepal)</title> <meta name="description" content="भावातीत ध्यानका आधिकारिक कार्यक्रमहरू — अभिमन्यु नेपाल (Abhimanyu Nepal). Guided audios, Courses, Events, Contact: 9845470645, anepal@maharishi.org.np" /> <style> :root{ --primary:#2a9d8f; --accent:#264653; --bg:#fbfcfd; --muted:#667085; --card:#ffffff; --maxw:1100px; } \*{box-sizing:border-box} body{margin:0;font-family: "Noto Sans Devanagari", system-ui, -apple-system, "Segoe UI", Roboto, "Helvetica Neue", Arial; background:linear-gradient(180deg,#f7fbfb,#ffffff); color:#1f2937; line-height:1.6} header{background:var(--card);border-bottom:1px solid #eee;position:sticky;top:0;z-index:40} .container{max-width:var(--maxw);margin:0 auto;padding:18px} .nav{display:flex;align-items:center;justify-content:space-between;gap:12px} .brand{display:flex;gap:12px;align-items:center} .logo{width:56px;height:56px;border-radius:10px;background:linear-gradient(135deg,var(--primary),var(--accent));display:flex;align-items:center;justify-content:center;color:#fff;font-weight:800} nav ul{display:flex;gap:12px;list-style:none;margin:0;padding:0} nav a{color:var(--accent);text-decoration:none;font-weight:600} .lang-toggle{display:flex;gap:8px;align-items:center} button.lang{background:transparent;border:1px solid var(--accent);color:var(--accent);padding:8px 10px;border-radius:8px;cursor:pointer} .hero{display:grid;grid-template-columns:1fr 420px;gap:18px;align-items:center;padding:28px 0} .tag{color:var(--primary);font-weight:700} h1{margin:0;color:var(--accent);font-size:28px} p.lead{color:#374151} .cta{display:flex;gap:10px;margin-top:12px} .btn{background:var(--primary);color:#fff;padding:10px 14px;border-radius:10px;border:none;cursor:pointer;font-weight:700} .btn.ghost{background:transparent;border:2px solid var(--accent);color:var(--accent)} .card{background:var(--card);padding:14px;border-radius:12px;box-shadow:0 8px 18px rgba(20,20,40,0.06)} section{padding:30px 0;border-top:0} .two-col{display:grid;grid-template-columns:1fr 360px;gap:18px;align-items:start} .programs{display:grid;gap:12px} .prog{display:flex;gap:12px;align-items:center;background:#fff;padding:10px;border-radius:10px;border:1px solid #f1f5f9} .footer{background:#0f1724;color:#cbd5e1;padding:18px} @media(max-width:900px){ .hero{grid-template-columns:1fr; padding:18px 0} .two-col{grid-template-columns:1fr} nav ul{display:none} } /\* hidden class for language toggle \*/ .hidden{display:none} a.link{color:var(--accent);text-decoration:none} </style> </head> <body> <header> <div class="container nav"> <div class="brand"> <div class="logo">भ</div> <div> <div style="font-weight:800;color:var(--accent)">भावातीत ध्यान</div> <div style="font-size:12px;color:var(--muted)">आधिकारिक गुरु: अभिमन्यु नेपाल (Abhimanyu Nepal)</div> </div> </div> <div style="display:flex;align-items:center;gap:12px"> <nav> <ul> <li><a href="#about">About</a></li> <li><a href="#programs">Programs</a></li> <li><a href="#resources">Resources</a></li> <li><a href="#events">Events</a></li> <li><a href="#contact">Contact</a></li> </ul> </nav> <div class="lang-toggle" aria-hidden> <button class="lang" onclick="switchLang('ne')">नेपाली</button> <button class="lang" onclick="switchLang('en')">English</button> </div> </div> </div> </header> <main class="contai