

You are an expert UX/UI designer. Your job is to fill out a style guide based on the below format. You are making the guide based on this website <https://www.practictheway.org/>. Go through the entire website with corresponding pages. Before you respond, though, wrap your entire thought process in <pondering> tags. Obviously, you're a heady-artistic type, so you're thinking about the app, it's aesthetics, principles it conforms to, how that makes the user feel a certain way, etc. Here's the output format as an example. Add or subtract if need be from it:

Color Palette

Primary Colors

- * Primary White -

#F8F9FA (Used for backgrounds and clean surfaces)

- * Primary Dark Green -

#0A5F55 (Primary brand color for buttons, icons, and emphasis)

Secondary Colors

- * Secondary Green Light -

#4CAF94 (For hover states and secondary elements)

- * Secondary Green Pale -

#E6F4F1 (For backgrounds, selected states, and highlights)

Accent Colors

- * Accent Teal -

#00BFA5 (For important actions and notifications)

- * Accent Yellow -

#FFD54F (For warnings and highlights)

Functional Colors

- * Success Green -

#43A047 (For success states and confirmations)

- * Error Red -

#E53935 (For errors and destructive actions)

- * Neutral Gray -

#9E9E9E (For secondary text and disabled states)

- * Dark Gray -

#424242 (For primary text)

Background Colors

- * Background White -

#FFFFFF (Pure white for cards and content areas)

- * Background Light -

#F5F7F9 (Subtle off-white for app background)

- * Background Dark -

#263238 (For dark mode primary background)

Typography

Font Family

- * Primary Font: SF Pro Text (iOS) / Roboto (Android)

- * Alternative Font: Inter (Web fallback)

Font Weights

- * Regular: 400
- * Medium: 500
- * Semibold: 600
- * Bold: 700

Text Styles

Headings

- * H1: 28px/32px, Bold, Letter spacing -0.2px
 - * Used for screen titles and major headers
- * H2: 24px/28px, Bold, Letter spacing -0.2px
 - * Used for section headers and card titles
- * H3: 20px/24px, Semibold, Letter spacing -0.1px
 - * Used for subsection headers and important text

Body Text

- * Body Large: 17px/24px, Regular, Letter spacing 0px
 - * Primary reading text for transcript content
- * Body: 15px/20px, Regular, Letter spacing 0px
 - * Standard text for most UI elements
- * Body Small: 13px/18px, Regular, Letter spacing 0.1px
 - * Secondary information and supporting text

Special Text

- * Caption: 12px/16px, Medium, Letter spacing 0.2px
 - * Used for timestamps, metadata, and labels
- * Button Text: 16px/24px, Medium, Letter spacing 0.1px
 - * Used specifically for buttons and interactive elements
- * Link Text: 15px/20px, Medium, Letter spacing 0px, Primary Dark Green
 - * Clickable text throughout the application

Component Styling

Buttons

- * Primary Button
 - * Background: Primary Dark Green (#0A5F55)
 - * Text: White (#FFFFFF)
 - * Height: 48dp
 - * Corner Radius: 8dp
 - * Padding: 16dp horizontal
- * Secondary Button
 - * Border: 1.5dp Primary Dark Green (#0A5F55)
 - * Text: Primary Dark Green (#0A5F55)
 - * Background: Transparent
 - * Height: 48dp
 - * Corner Radius: 8dp

- * Text Button

- * Text: Primary Dark Green (
#0A5F55)

- * No background or border

- * Height: 44dp

Cards

- * Background: White (
#FFFFFF)

- * Shadow: Y-offset 2dp, Blur 8dp, Opacity 8%

- * Corner Radius: 12dp

- * Padding: 16dp

Input Fields

- * Height: 56dp

- * Corner Radius: 8dp

- * Border: 1dp Neutral Gray (
#9E9E9E)

- * Active Border: 2dp Primary Dark Green (
#0A5F55)

- * Background: White (
#FFFFFF)

- * Text: Dark Gray (
#424242)

- * Placeholder Text: Neutral Gray (
#9E9E9E)

Icons

- * Primary Icons: 24dp x 24dp

- * Small Icons: 20dp x 20dp

- * Navigation Icons: 28dp x 28dp

- * Primary color for interactive icons: Primary Dark Green (
#0A5F55)

- * Secondary color for inactive/decorative icons: Neutral Gray (
#9E9E9E)

Spacing System

- * 4dp - Micro spacing (between related elements)

- * 8dp - Small spacing (internal padding)

- * 16dp - Default spacing (standard margins)

- * 24dp - Medium spacing (between sections)

- * 32dp - Large spacing (major sections separation)

- * 48dp - Extra large spacing (screen padding top/bottom)

Motion & Animation

- * Standard Transition: 200ms, Ease-out curve

- * Emphasis Transition: 300ms, Spring curve (tension: 300, friction: 35)

- * Microinteractions: 150ms, Ease-in-out

- * Page Transitions: 350ms, Custom cubic-bezier(0.2, 0.8, 0.2, 1)

Dark Mode Variants

* Dark Background:

#121212 (primary dark background)

* Dark Surface:

#1E1E1E (card backgrounds)

* Dark Primary Green:

#26A69A (adjusted for contrast)

* Dark Text Primary:

#EEEEEE

Dark Text Secondary:

#B0BEC5

Practicing the Way - Design Style Guide

Design Philosophy

The Practicing the Way

visual identity embodies contemplative simplicity, authentic spirituality, and accessible wisdom. The design creates a sense of sacred space in the digital realm, emphasizing clarity over complexity and substance over style. Every element serves the mission of spiritual formation, creating an environment that feels both timeless and contemporary, serious yet approachable.

Color Palette

Primary Colors

Primary Nav

y - Primary Cream - #1B2A3A #F7F5F0 (Deep, contemplative blue-gray for primary headers and emphasis)
(Warm off-white for backgrounds and clean surfaces)

Secondary Colors

Secondary Sage - Secondary Warm Gray - #8B9A8C (Muted green for secondary text and subtle elements)
#6B6B6B (Medium gray for body text and supporting content)

Accent Colors

Accent Gold - Accent Soft Blue - #C9A876 #7A8FA8 (Warm gold for calls-to-action and important highlights)
(Gentle blue for links and interactive elements)

Functional Colors

Success Green - #5B7F5A (Earthy green for confirmations and positive states)

Alert Orange - #D4934A (Warm orange for important notifications)

Error Red - #A85A5A (Muted red for errors and warnings)

Background Colors

Background Primary - #FFFFFF (Pure white for content cards and reading areas)

Background Secondary - #F7F5F0 (Cream for page backgrounds and subtle differentiation)

Background Accent - #F0F2F5 (Light blue-gray for highlighted sections)

Typography

Primary Font: Crimson Pro (Serif for headings and emphasis)

Secondary Font: Source Sans Pro (Sans-serif for body text and UI)

Fallback Font: Georgia / Arial system fonts

Font Weights

Light: 300

Regular: 400

Medium: 500
Semibold: 600
Bold: 700

Text Styles

Headings

H1: 36px/42px, Crimson Pro Bold, Letter spacing -0.5px

Used for page titles and major section headers

H2: 28px/34px, Crimson Pro Semibold, Letter spacing -0.3px

Used for section headers and course titles

H3: 22px/28px, Crimson Pro Medium, Letter spacing -0.2px

Used for subsection headers and card titles

H4: 18px/24px, Source Sans Pro Semibold, Letter spacing 0px

Used for smaller headings and emphasis text

Body Text

Body Large: 18px/28px, Source Sans Pro Regular, Letter spacing 0px

Primary reading text for articles and long-form content

Body: 16px/24px, Source Sans Pro Regular, Letter spacing 0px

Standard text for most UI elements and descriptions

Body Small: 14px/20px, Source Sans Pro Regular, Letter spacing 0.1px

Secondary information and supporting text

Special Text

Caption: 12px/16px, Source Sans Pro Medium, Letter spacing 0.3px
Used for image captions, timestamps, and metadata

Button Text: 16px/20px, Source Sans Pro Semibold, Letter spacing 0.2px

Used for all button text and primary actions

Quote Text: 20px/30px, Crimson Pro Italic, Letter spacing 0px

Used for inspirational quotes and testimonials

Component Styling

Buttons

Primary Button

Background: Accent Gold (#C9A876)

Text: Primary Nav

y (#1B2A3A)

Height: 48dp

Corner Radius: 6dp

Padding: 20dp horizontal, 12dp vertical

Border: None

Hover: 10% darker background

Secondary Button

Border: 2px Primary Nav

y (#1B2A3A)

Text: Primary Nav

y (#1B2A3A)

Background: Transparent

Height: 48dp

Corner Radius: 6dp

Padding: 18dp horizontal, 10dp vertical

Hover: Background Primary Nav

y, Text Cream

Text Button

Text: Accent Soft Blue (Underline on hover

No background or border

Height: auto

Padding: 8dp horizontal

#7A8FA8)Cards

Background: Background Primary (#FFFFFF)

Shadow: Y-offset 4dp, Blur 16dp, Opacity 6%

Corner Radius: 8dp

Padding: 24dp

Border: 1px solid #E8E8E8

Input Fields

Height: 52dp

Corner Radius: 6dp

Border: 1.5px Secondary Sage (Active Border: 2px Primary Nav

Background: Background Primary (Text: Secondary Warm Gray (Placeholder Text: #A8A8A8

Padding: 16dp horizontal, 14dp vertical

#8B9A8C)

y (#1B2A3A)

#FFFFFF)

#6B6B6B)

Icons

Primary Icons: 24dp x 24dp

Small Icons: 20dp x 20dp

Large Icons: 32dp x 32dp

Interactive Icons: Primary Nav

Decorative Icons: Secondary Sage (Style: Minimal line art, 2px stroke weight

y (#1B2A3A)

#8B9A8C)

Layout & Spacing System

Grid System

Container Max Width: 1200px

Columns: 12-column grid

Gutter: 24dp between columns

Breakpoints:Mobile: 320px - 767px

Tablet: 768px - 1023px

Desktop: 1024px+

Spacing Scale

2dp - Micro spacing (inline elements)

4dp - Tiny spacing (tight relationships)

8dp - Small spacing (component internal padding)

16dp - Medium spacing (between related elements)

24dp - Default spacing (standard margins and gaps)

32dp - Large spacing (section separation)

48dp - Extra large spacing (major content blocks)

64dp - Massive spacing (page sections)

Content Hierarchy

Page margins: 24dp mobile, 48dp tablet+

Section spacing: 64dp vertical

Content blocks: 32dp vertical spacing

Related elements: 16dp vertical spacing

Line height: 1.5-1.7 for body text, 1.2-1.4 for headings

Motion & Animation

Transition Timing

Standard Transition: 250ms, ease-out

Emphasis Transition: 400ms, ease-in-out

Microinteractions: 150ms, ease-in-out

Page Transitions: 500ms, cubic-bezier(0.4, 0.0, 0.2, 1)

Animation Principles

Subtle and purposeful

ul - animations support content, never distract

Organic timing - follows natural motion curves

Respectful

ul of

user preferences - reduced motion when requested

Consistent easing - unified timing functions across components

Accessibility Guidelines

Color Contrast

Text on light backgrounds: Minimum 4.5:1 ratio

Large text (18px+): Minimum 3:1 ratio

Interactive elements: Minimum 3:1 ratio for borders/focus states

Typography Accessibility

Minimum font size: 14px for body text

Line height: Minimum 1.5 for body text

Paragraph width: Maximum 75 characters per line

Focus indicators: 2px solid outline with 2dp offset

Interaction Guidelines

Touch targets: Minimum 44dp x 44dp

Keyboard navigation: Clear focus indicators throughout

Screen reader support: Semantic HTML

Labels and proper ARIA labels

Alt text: Descriptive text for all meaningful

ul images

Voice & Tone Through Design

Visual Personality

Contemplative: Ample whitespace and unhurried pacing

Authentic: Natural imagery and genuine photography

Approachable: Clear hierarchy and readable typography

Timeless: Classic typography paired with modern layout

Purposeful

ul: Every element serves the content and mission

Content Design Principles

Clarity over cleverness - straightforward communication

Substance over style - content-first approach

Community-focused - emphasizing togetherness and shared journey

Grace-filled - patient and encouraging tone throughout

Practical wisdom - actionable guidance grounded in tradition