<!DOCTYPE html>

<html lang="pt-BR">

<head>

<meta charset="UTF-8">

<meta name="viewport" content="width=device-width, initial-scale=1.0">

<title>Desperte Sua Melhor Versão - Hatha Yoga & Fitness</title>

<style>

\* {

margin: 0;

padding: 0;

box-sizing: border-box;

}

body {

font-family: 'Segoe UI', Tahoma, Geneva, Verdana, sans-serif;

line-height: 1.6;

color: #333;

background: linear-gradient(135deg, #f0f9f0 0%, #e8f5e8 100%);

}

.container {

max-width: 1200px;

margin: 0 auto;

padding: 0 20px;

}

.hero {

background: linear-gradient(135deg, #2d8f47 0%, #52c668 100%);

color: white;

text-align: center;

padding: 80px 0;

position: relative;

overflow: hidden;

}

.hero::before {

content: '';

position: absolute;

top: 0;

left: 0;

right: 0;

bottom: 0;

background: rgba(0,0,0,0.2);

z-index: 1;

}

.hero-content {

position: relative;

z-index: 2;

}

.hero h1 {

font-size: 3.5em;

margin-bottom: 20px;

font-weight: 300;

letter-spacing: 2px;

animation: fadeInUp 1s ease-out;

}

.hero p {

font-size: 1.3em;

margin-bottom: 30px;

opacity: 0.9;

animation: fadeInUp 1s ease-out 0.3s both;

}

.cta-button {

display: inline-block;

background: rgba(255,255,255,0.2);

color: white;

padding: 15px 40px;

text-decoration: none;

border-radius: 50px;

font-weight: 600;

transition: all 0.3s ease;

backdrop-filter: blur(10px);

border: 2px solid rgba(255,255,255,0.3);

animation: fadeInUp 1s ease-out 0.6s both;

}

.cta-button:hover {

background: rgba(255,255,255,0.3);

transform: translateY(-2px);

box-shadow: 0 10px 30px rgba(0,0,0,0.2);

}

.section {

padding: 60px 0;

background: white;

margin: 40px 0;

border-radius: 20px;

box-shadow: 0 5px 20px rgba(0,0,0,0.1);

}

.section h2 {

font-size: 2.5em;

text-align: center;

margin-bottom: 40px;

color: #2d8f47;

font-weight: 300;

}

.yoga-practices {

display: grid;

grid-template-columns: repeat(auto-fit, minmax(300px, 1fr));

gap: 30px;

margin-top: 40px;

}

.practice-card {

background: linear-gradient(135deg, #f8fdf8 0%, #e8f5e8 100%);

padding: 30px;

border-radius: 15px;

text-align: center;

transition: transform 0.3s ease;

border: 1px solid rgba(45, 143, 71, 0.1);

}

.practice-card:hover {

transform: translateY(-5px);

box-shadow: 0 15px 40px rgba(45, 143, 71, 0.2);

}

.practice-card h3 {

color: #2d8f47;

margin-bottom: 15px;

font-size: 1.3em;

}

.practice-photo {

width: 100%;

height: 200px;

background: linear-gradient(135deg, #52c668 0%, #73d687 100%);

border-radius: 10px;

margin-bottom: 20px;

display: flex;

align-items: center;

justify-content: center;

color: white;

font-size: 1.1em;

opacity: 0.8;

border: 2px solid rgba(255,255,255,0.2);

}

.ebook-section {

background: linear-gradient(135deg, #52c668 0%, #2d8f47 100%);

color: white;

padding: 60px 0;

text-align: center;

position: relative;

overflow: hidden;

}

.ebook-content {

display: grid;

grid-template-columns: 1fr 2fr;

gap: 40px;

align-items: center;

max-width: 1000px;

margin: 0 auto;

}

.ebook-cover {

width: 100%;

max-width: 300px;

height: 400px;

background: rgba(255,255,255,0.1);

border-radius: 15px;

display: flex;

align-items: center;

justify-content: center;

backdrop-filter: blur(10px);

border: 2px solid rgba(255,255,255,0.2);

}

.ebook-info h3 {

font-size: 2.2em;

margin-bottom: 20px;

font-weight: 300;

}

.ebook-benefits {

list-style: none;

text-align: left;

margin: 20px 0;

}

.ebook-benefits li {

padding: 8px 0;

position: relative;

padding-left: 25px;

}

.ebook-benefits li::before {

content: '🌿';

position: absolute;

left: 0;

}

.price {

font-size: 2.5em;

font-weight: 600;

margin: 20px 0;

text-shadow: 2px 2px 4px rgba(0,0,0,0.3);

}

.personal-section {

background: linear-gradient(135deg, #2d8f47 0%, #52c668 100%);

color: white;

padding: 60px 0;

}

.personal-content {

display: grid;

grid-template-columns: 1fr 1fr;

gap: 40px;

align-items: center;

}

.personal-photo {

width: 100%;

height: 400px;

background: rgba(255,255,255,0.1);

border-radius: 15px;

display: flex;

align-items: center;

justify-content: center;

backdrop-filter: blur(10px);

border: 2px solid rgba(255,255,255,0.2);

}

.whatsapp-button {

background: #25D366;

color: white;

padding: 15px 30px;

text-decoration: none;

border-radius: 50px;

font-weight: 600;

display: inline-block;

margin: 10px;

transition: all 0.3s ease;

position: fixed;

bottom: 20px;

right: 20px;

z-index: 1000;

box-shadow: 0 5px 20px rgba(0,0,0,0.3);

}

.whatsapp-button:hover {

background: #1da851;

transform: translateY(-2px);

}

.payment-methods {

display: flex;

justify-content: center;

gap: 20px;

margin: 20px 0;

}

.payment-method {

background: rgba(255,255,255,0.1);

padding: 10px 20px;

border-radius: 10px;

backdrop-filter: blur(10px);

}

.contact-info {

background: linear-gradient(135deg, #f8fdf8 0%, #e8f5e8 100%);

padding: 40px 0;

text-align: center;

}

.contact-details {

display: grid;

grid-template-columns: repeat(auto-fit, minmax(250px, 1fr));

gap: 20px;

margin-top: 20px;

}

.contact-item {

background: white;

padding: 20px;

border-radius: 10px;

box-shadow: 0 3px 10px rgba(45, 143, 71, 0.1);

border: 1px solid rgba(45, 143, 71, 0.1);

}

.contact-item h4 {

color: #2d8f47;

margin-bottom: 10px;

}

@keyframes fadeInUp {

from {

opacity: 0;

transform: translateY(30px);

}

to {

opacity: 1;

transform: translateY(0);

}

}

@media (max-width: 768px) {

.hero h1 {

font-size: 2.5em;

}

.ebook-content,

.personal-content {

grid-template-columns: 1fr;

text-align: center;

}

.contact-details {

grid-template-columns: 1fr;

}

}

</style>

</head>

<body>

<div class="hero">

<div class="container">

<div class="hero-content">

<h1>Desperte Sua Melhor Versão</h1>

<p>Encontre o equilíbrio perfeito entre corpo e mente através do Hatha Yoga e Personal Fitness</p>

<a href="#contato" class="cta-button">Comece Sua Jornada</a>

</div>

</div>

</div>

<div class="container">

<div class="section">

<h2>O Caminho da Transformação</h2>

<p style="text-align: center; font-size: 1.2em; color: #666; margin-bottom: 40px;">

Descubra como o Hatha Yoga pode revolucionar sua vida através de práticas milenares adaptadas para o mundo moderno

</p>

<div class="yoga-practices">

<div class="practice-card">

<div class="practice-photo">

[Insira foto de Āsana aqui]

</div>

<h3>Āsana - Posturas</h3>

<p>Desenvolva força, flexibilidade e consciência corporal através de posturas precisas que harmonizam seu corpo físico com sua energia vital.</p>

</div>

<div class="practice-card">

<div class="practice-photo">

[Insira foto de Prāṇāyāma aqui]

</div>

<h3>Prāṇāyāma - Respiração</h3>

<p>Aprenda técnicas ancestrais de controle da respiração que acalmam a mente, reduzem o estresse e aumentam sua vitalidade.</p>

</div>

<div class="practice-card">

<div class="practice-photo">

[Insira foto de Dhyāna aqui]

</div>

<h3>Dhyāna - Meditação</h3>

<p>Cultive a paz interior e a clareza mental através de práticas meditativas que transformam sua relação com os pensamentos.</p>

</div>

<div class="practice-card">

<div class="practice-photo">

[Insira foto de Yoga Nidrā aqui]

</div>

<h3>Yoga Nidrā - Relaxamento</h3>

<p>Experimente estados profundos de relaxamento consciente que regeneram corpo e mente, proporcionando descanso verdadeiro.</p>

</div>

</div>

</div>

</div>

<div class="ebook-section">

<div class="container">

<div class="ebook-content">

<div class="ebook-cover">

<span style="font-size: 1.2em; opacity: 0.7;">[Insira a foto da capa do e-book aqui]</span>

</div>

<div class="ebook-info">

<h3>Corpo Leve, Mente Livre</h3>

<p style="font-size: 1.1em; margin-bottom: 20px;">E-book completo de receitas fitness para emagrecimento saudável</p>

<ul class="ebook-benefits">

<li>Receitas práticas para café da manhã, almoço e jantar</li>

<li>Capítulo especial sobre jejum intermitente</li>

<li>Guia completo de suplementação</li>

<li>Lanches fit e snacks saudáveis</li>

<li>Dicas de nutrição para resultados reais</li>

</ul>

<div class="price">R$ 47,00</div>

<div class="payment-methods">

<div class="payment-method">PIX</div>

<div class="payment-method">Cartão</div>

</div>

<a href="https://wa.me/5521972969771?text=Olá! Tenho interesse no e-book Corpo Leve, Mente Livre" class="cta-button" style="margin-top: 20px;">Quero o E-book Agora</a>

</div>

</div>

</div>

</div>

<div class="personal-section">

<div class="container">

<div class="personal-content">

<div class="personal-photo">

<span style="font-size: 1.2em; opacity: 0.7;">[Insira sua foto aqui]</span>

</div>

<div>

<h2 style="color: white; margin-bottom: 20px;">Personal Fitness Certificada IFBB</h2>

<p style="font-size: 1.2em; margin-bottom: 20px;">

Transforme seu corpo e sua vida com acompanhamento profissional personalizado

</p>

<div style="background: rgba(255,255,255,0.1); padding: 30px; border-radius: 15px; margin: 20px 0;">

<h3 style="margin-bottom: 15px;">Plano Mensal Completo</h3>

<ul style="list-style: none; text-align: left;">

<li>💪 5 aulas semanais de Personal Fitness</li>

<li>📊 Avaliação de bioimpedância</li>

<li>🍎 Plano estratégico alimentar personalizado</li>

<li>📱 Acompanhamento via WhatsApp</li>

</ul>

<div style="margin-top: 20px;">

<div style="font-size: 1.1em; opacity: 0.8;">Aula avulsa: R$ 120,00</div>

<div style="font-size: 2.2em; font-weight: 600; margin-top: 10px;">Plano Mensal: R$ 1.000,00</div>

</div>

</div>

<a href="https://wa.me/5521972969771?text=Olá! Tenho interesse no Personal Fitness" class="cta-button" style="margin-top: 20px;">Quero Começar Agora</a>

</div>

</div>

</div>

</div>

<div class="contact-info">

<div class="container">

<h2 style="color: #2d8f47; margin-bottom: 30px;">Entre em Contato</h2>

<div class="contact-details">

<div class="contact-item">

<h4>📍 Endereço</h4>

<p>Rua João Borges 240, casa 22<br>Gávea - Rio de Janeiro/RJ<br>CEP: 22.451-100</p>

</div>

<div class="contact-item">

<h4>📱 WhatsApp</h4>

<p>(21) 97296-9771</p>

</div>

<div class="contact-item">

<h4>✉️ E-mail</h4>

<p>stella.cunha@gmail.com</p>

</div>

</div>

</div>

</div>

<a href="https://wa.me/5521972969771" class="whatsapp-button">💬 WhatsApp</a>

</body>

</html>