

Sabbath Manifesto



*Slowing down lives
since 2010*

01. *Avoid technology.*

02. *Connect with loved ones.*

03. *Nurture your health.*

04. *Get outside.*

05. *Avoid commerce.*

06. *Light candles.*

07. *Drink wine.*

08. *Eat bread.*

09. *Find silence.*

10. *Give back.*
