

# Sabbath Manifesto



*Slowing down lives  
since 2010*

01. *Avoid technology.*

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02. *Connect with loved ones.*

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03. *Nurture your health.*

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04. *Get outside.*

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05. *Avoid commerce.*

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06. *Light candles.*

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07. *Drink wine.*

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08. *Eat bread.*

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09. *Find silence.*

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10. *Give back.*

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