MYRetreat

MYRetreat is a wellness app that pairs chocolate with mindfulness to dramatically improve habit formation. The core functionality of the app is Daily Retreats, 3 minute meditations designed to be experienced with a small piece of chocolate. Download the free MYRetreat App: <https://onelink.to/cxx7fj>

At MYRetreat we help companies with team building using chocolate not trust falls. During our 1-hour Chocolate Mindfulness™ Wellness Workshops, employees are immersed in experiential wellness practices that decrease stress to increase productivity and improve retention. As a tangible reward, partner with phenomenal chocolate companies to provide chocolate for mindful eating. Grab time to customize your team's Chocolate Mindfulness™ in under 30 minutes: <https://calendly.com/rocmyretreat>