



MTO SOLUTIONS

MTO Solutions: Renew your mind, Revive your soul & Rejuvenate your body!

MTO Workshops and Series, are short instructional strategies designed to teach or introduce practical skills, new concepts, techniques, ideas, and demos for

Self - Rejuvenation/ Self-Care:

- 5 Advantages of a Time Out
- Personal Pamper Plan
- Types of Meditations
- Stress Resolves
- Pamper Solutions
- 5 R's of Rejuvenation

MTO Solutions encourages and offers you a chance to try out and practice new methods, spurring you to become successful in Self Rejuvenation which then revitalizes, restores, replenish, reduce stress, as well as enhance your quality of life.

MTO Solutions Offerings:

- Examines lifestyles and patterns that reduce stress management
- Soak & Sip Virtual Transformation Empowerment & Rejuvenation Experience
- Develop a personal plan of action for self-care ,self-appreciation and self-worth
- Create a sense of community for a common purpose among women/mothers/wives and friends

Facilitated Angel Kelley - Rejuve-Specialist